NDB No. 13001 Beef, carcass, separable lean and fat, choice, raw

Bos taurus

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	57.26		0	16.23	259.73	
Energy	kcal	291		0	82	1320	
Energy	kj	1218		0	345	5525	
Protein (N x 5.95)	g	17.32		0	4.91	78.56	
Total lipid (fat)	g	24.05		0	6.82	109.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.23	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.83		0	0.52	8.30	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	154		0	44	699	
Potassium	mg	267		0	76	1211	
Sodium	mg	59		0	17	268	
Zinc	mg	3.57		0	1.01	16.19	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.540		0	1.004	16.057	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.330		0	0.094	1.497	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.67		0	0.76	12.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	9.750		0	2.764	44.226	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.740		0	0.210	3.357	
15.0	g						
16:0	g	5.780		0	1.639	26.218	
17:0	g						
18:0	g	2.930		0	0.831	13.290	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.470	0	2.968	47.492
14:1	g				
16:1	g	1.150	0	0.326	5.216
18:1	g	9.120	0	2.586	41.368
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.920	0	0.261	4.173
18:2	g	0.620	0	0.176	2.812
18:3	g	0.240	0	0.068	1.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.010	0	0.003	0.045
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	74	0	21	336
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	61	0.057	0.912
Threonine	g	0.746	79	0.211	3.384
Isoleucine	g	0.767	79	0.217	3.479
Leucine	g	1.376	79	0.390	6.242
Lysine	g	1.443	79	0.409	6.545
Methionine	g	0.430	76	0.122	1.950
Cystine	g	0.185	59	0.052	0.839
Phenylalanine	g	0.670	78	0.190	3.039
Tyrosine	g	0.568	78	0.161	2.576
Valine	g	0.842	78	0.239	3.819
Arginine	g	1.120	75	0.318	5.080
Histidine	g	0.579	78	0.164	2.626
Alanine	g	1.074	75	0.304	4.872
Aspartic acid	g	1.583	75	0.449	7.180
Glutamic acid	g	2.644	75	0.750	11.993
Glycine	g	1.061	75	0.301	4.813
Proline	g	0.804	75	0.228	3.647
Serine	g	0.665	75	0.189	3.016
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13002 Beef, carcass, separable lean and fat, select, raw

Refuse: 2% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	58.21		0	16.50	264.04	
Energy	kcal	278		0	79	1261	
Energy	kj	1163		0	330	5275	
Protein (N x 5.95)	g	17.48		0	4.96	79.29	
Total lipid (fat)	g	22.55		0	6.39	102.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82		0	0.23	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.85		0	0.52	8.39	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	156		0	44	708	
Potassium	mg	271		0	77	1229	
Sodium	mg	59		0	17	268	
Zinc	mg	3.59		0	1.02	16.28	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.540		0	1.004	16.057	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.330		0	0.094	1.497	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.69		0	0.76	12.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.160		0	2.597	41.550	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.700		0	0.198	3.175	
15.0	g						
16:0	g	5.430		0	1.539	24.630	
17:0	g						
18:0	g	2.750		0	0.780	12.474	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.820	0	2.784	44.544
14:1	g				
16:1	g	1.090	0	0.309	4.944
18:1	g	8.550	0	2.424	38.783
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	0.244	3.901
18:2	g	0.570	0	0.162	2.586
18:3	g	0.230	0	0.065	1.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.010	0	0.003	0.045
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	74	0	21	336
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.202	0	0.057	0.916
Threonine	g	0.754	0	0.214	3.420
Isoleucine	g	0.774	0	0.219	3.511
Leucine	g	1.388	0	0.393	6.296
Lysine	g	1.456	0	0.413	6.604
Methionine	g	0.435	0	0.123	1.973
Cystine	g	0.187	0	0.053	0.848
Phenylalanine	g	0.676	0	0.192	3.066
Tyrosine	g	0.574	0	0.163	2.604
Valine	g	0.850	0	0.241	3.856
Arginine	g	1.129	0	0.320	5.121
Histidine	g	0.585	0	0.166	2.654
Alanine	g	1.082	0	0.307	4.908
Aspartic acid	g	1.597	0	0.453	7.244
Glutamic acid	g	2.666	0	0.756	12.093
Glycine	g	1.064	0	0.302	4.826
Proline	g	0.809	0	0.229	3.670
Serine	g	0.671	0	0.190	3.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13003 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 11% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.44		0	17.13	274.16	
Energy	kcal	251		0	71	1139	
Energy	kj	1050		0	298	4763	
Protein (N x 5.95)	g	18.24		0	5.17	82.74	
Total lipid (fat)	g	19.24		0	5.45	87.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.85		0	0.52	8.39	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	173		0	49	785	
Potassium	mg	297		0	84	1347	
Sodium	mg	56		0	16	254	
Zinc	mg	3.66		0	1.04	16.60	
Copper	mg	0.070		0	0.020	0.318	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.150		0	0.893	14.288	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.89		0	0.82	13.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.184		0	0.052	0.835	
Lipids:							
Saturated, total	g	7.800		0	2.211	35.381	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.620		0	0.176	2.812	
15.0	g						
16:0	g	4.700		0	1.332	21.319	
17:0	g						
18:0	g	2.360		0	0.669	10.705	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.330	0	2.362	37.785
14:1	g				
16:1	g	0.970	0	0.275	4.400
18:1	g	7.330	0	2.078	33.249
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.710	0	0.201	3.221
18:2	g	0.460	0	0.130	2.087
18:3	g	0.230	0	0.065	1.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.006	0.091
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.204	0	0.058	0.925
Threonine	g	0.797	0	0.226	3.615
Isoleucine	g	0.820	0	0.232	3.720
Leucine	g	1.442	0	0.409	6.541
Lysine	g	1.518	0	0.430	6.886
Methionine	g	0.467	0	0.132	2.118
Cystine	g	0.204	0	0.058	0.925
Phenylalanine	g	0.712	0	0.202	3.230
Tyrosine	g	0.613	0	0.174	2.781
Valine	g	0.887	0	0.251	4.023
Arginine	g	1.153	0	0.327	5.230
Histidine	g	0.625	0	0.177	2.835
Alanine	g	1.100	0	0.312	4.990
Aspartic acid	g	1.666	0	0.472	7.557
Glutamic acid	g	2.740	0	0.777	12.429
Glycine	g	0.995	0	0.282	4.513
Proline	g	0.806	0	0.229	3.656
Serine	g	0.698	0	0.198	3.166
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 285g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.43		0	146.58	43.72	
Energy	kcal	305		0	869	259	
Energy	kj	1276		0	3637	1085	
Protein (N x 5.95)	g	25.94		0	73.93	22.05	
Total lipid (fat)	g	21.54		0	61.39	18.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	3.02	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.62		0	7.47	2.23	
Magnesium	mg	22		0	63	19	
Phosphorus	mg	203		0	579	173	
Potassium	mg	313		0	892	266	
Sodium	mg	62		0	177	53	
Zinc	mg	5.85		0	16.67	4.97	
Copper	mg	0.110		0	0.314	0.094	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.228	0.068	
Riboflavin	mg	0.210		0	0.598	0.179	
Niacin	mg	3.640		0	10.374	3.094	
Pantothenic acid	mg	0.350		0	0.998	0.298	
Vitamin B-6	mg	0.330		0	0.941	0.281	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.44		0	6.95	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.570	0.170	
Lipids:							
Saturated, total	g	8.540		0	24.339	7.259	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.171	0.051	
12:0	g	0.050		0	0.142	0.043	
14:0	g	0.680		0	1.938	0.578	
15.0	g						
16:0	g	5.240		0	14.934	4.454	
17:0	g						
18:0	g	2.500		0	7.125	2.125	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.220	0	26.277	7.837
14:1	g				
16:1	g	0.890	0	2.537	0.757
18:1	g	8.290	0	23.626	7.046
20:1	g	0.040	0	0.114	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.780	0	2.223	0.663
18:2	g	0.530	0	1.511	0.451
18:3	g	0.220	0	0.627	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.086	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	88	0	251	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.826	0.247
Threonine	g	1.133	0	3.229	0.963
Isoleucine	g	1.166	0	3.323	0.991
Leucine	g	2.050	0	5.843	1.742
Lysine	g	2.158	0	6.150	1.834
Methionine	g	0.664	0	1.892	0.564
Cystine	g	0.290	0	0.826	0.247
Phenylalanine	g	1.013	0	2.887	0.861
Tyrosine	g	0.871	0	2.482	0.740
Valine	g	1.262	0	3.597	1.073
Arginine	g	1.639	0	4.671	1.393
Histidine	g	0.888	0	2.531	0.755
Alanine	g	1.564	0	4.457	1.329
Aspartic acid	g	2.370	0	6.755	2.014
Glutamic acid	g	3.897	0	11.106	3.312
Glycine	g	1.415	0	4.033	1.203
Proline	g	1.145	0	3.263	0.973
Serine	g	0.992	0	2.827	0.843
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13005 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	59.85		0	16.97	271.48	
Energy	kcal	259		0	73	1175	
Energy	kj	1084		0	307	4917	
Protein (N x 5.95)	g	18.17		0	5.15	82.42	
Total lipid (fat)	g	20.16		0	5.72	91.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.85		0	0.52	8.39	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	172		0	49	780	
Potassium	mg	296		0	84	1343	
Sodium	mg	56		0	16	254	
Zinc	mg	3.63		0	1.03	16.47	
Copper	mg	0.065		0	0.018	0.295	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.140		0	0.890	14.243	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.88		0	0.82	13.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.160		0	2.313	37.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.640		0	0.181	2.903	
15.0	g						
16:0	g	4.920		0	1.395	22.317	
17:0	g						
18:0	g	2.470		0	0.700	11.204	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.720	0	2.472	39.554
14:1	g				
16:1	g	1.010	0	0.286	4.581
18:1	g	7.680	0	2.177	34.836
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.740	0	0.210	3.357
18:2	g	0.480	0	0.136	2.177
18:3	g	0.240	0	0.068	1.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.203	0	0.058	0.921
Threonine	g	0.793	0	0.225	3.597
Isoleucine	g	0.817	0	0.232	3.706
Leucine	g	1.436	0	0.407	6.514
Lysine	g	1.511	0	0.428	6.854
Methionine	g	0.465	0	0.132	2.109
Cystine	g	0.203	0	0.058	0.921
Phenylalanine	g	0.709	0	0.201	3.216
Tyrosine	g	0.610	0	0.173	2.767
Valine	g	0.884	0	0.251	4.010
Arginine	g	1.148	0	0.325	5.207
Histidine	g	0.622	0	0.176	2.821
Alanine	g	1.096	0	0.311	4.971
Aspartic acid	g	1.660	0	0.471	7.530
Glutamic acid	g	2.729	0	0.774	12.379
Glycine	g	0.991	0	0.281	4.495
Proline	g	0.802	0	0.227	3.638
Serine	g	0.695	0	0.197	3.153
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13006 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.09		0	141.75	42.58	
Energy	kcal	322		0	911	274	
Energy	kj	1347		0	3812	1145	
Protein (N x 5.95)	g	25.48		0	72.11	21.66	
Total lipid (fat)	g	23.63		0	66.87	20.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.94	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.57		0	7.27	2.18	
Magnesium	mg	22		0	62	19	
Phosphorus	mg	199		0	563	169	
Potassium	mg	306		0	866	260	
Sodium	mg	61		0	173	52	
Zinc	mg	5.74		0	16.24	4.88	
Copper	mg	0.101		0	0.286	0.086	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.226	0.068	
Riboflavin	mg	0.210		0	0.594	0.179	
Niacin	mg	3.570		0	10.103	3.034	
Pantothenic acid	mg	0.340		0	0.962	0.289	
Vitamin B-6	mg	0.320		0	0.906	0.272	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.41		0	6.82	2.05	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.380		0	26.545	7.973	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.170	0.051	
12:0	g	0.060		0	0.170	0.051	
14:0	g	0.750		0	2.123	0.637	
15.0	g						
16:0	g	5.750		0	16.273	4.888	
17:0	g						
18:0	g	2.740		0	7.754	2.329	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.120	0	28.640	8.602
14:1	g				
16:1	g	0.980	0	2.773	0.833
18:1	g	9.090	0	25.725	7.726
20:1	g	0.040	0	0.113	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	2.434	0.731
18:2	g	0.580	0	1.641	0.493
18:3	g	0.250	0	0.708	0.213
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.085	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	88	0	249	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.807	0.242
Threonine	g	1.113	0	3.150	0.946
Isoleucine	g	1.145	0	3.240	0.973
Leucine	g	2.014	0	5.700	1.712
Lysine	g	2.120	0	6.000	1.802
Methionine	g	0.652	0	1.845	0.554
Cystine	g	0.285	0	0.807	0.242
Phenylalanine	g	0.995	0	2.816	0.846
Tyrosine	g	0.856	0	2.422	0.728
Valine	g	1.239	0	3.506	1.053
Arginine	g	1.610	0	4.556	1.369
Histidine	g	0.872	0	2.468	0.741
Alanine	g	1.537	0	4.350	1.306
Aspartic acid	g	2.328	0	6.588	1.979
Glutamic acid	g	3.828	0	10.833	3.254
Glycine	g	1.390	0	3.934	1.182
Proline	g	1.125	0	3.184	0.956
Serine	g	0.974	0	2.756	0.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13007 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 11% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.75		0	17.51	280.10	
Energy	kcal	236		0	67	1070	
Energy	kj	987		0	280	4477	
Protein (N x 5.95)	g	18.47		0	5.24	83.78	
Total lipid (fat)	g	17.42		0	4.94	79.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.88		0	0.53	8.53	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	175		0	50	794	
Potassium	mg	303		0	86	1374	
Sodium	mg	57		0	16	259	
Zinc	mg	3.71		0	1.05	16.83	
Copper	mg	0.070		0	0.020	0.318	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.190		0	0.904	14.470	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.390		0	0.111	1.769	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.92		0	0.83	13.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.070		0	2.004	32.070	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.560		0	0.159	2.540	
15.0	g						
16:0	g	4.260		0	1.208	19.323	
17:0	g						
18:0	g	2.140		0	0.607	9.707	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.540	0	2.138	34.201
14:1	g				
16:1	g	0.880	0	0.249	3.992
18:1	g	6.630	0	1.880	30.074
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	0.181	2.903
18:2	g	0.410	0	0.116	1.860
18:3	g	0.210	0	0.060	0.953
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.006	0.091
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.059	0.939
Threonine	g	0.807	0	0.229	3.661
Isoleucine	g	0.830	0	0.235	3.765
Leucine	g	1.460	0	0.414	6.623
Lysine	g	1.536	0	0.435	6.967
Methionine	g	0.473	0	0.134	2.146
Cystine	g	0.207	0	0.059	0.939
Phenylalanine	g	0.721	0	0.204	3.270
Tyrosine	g	0.621	0	0.176	2.817
Valine	g	0.898	0	0.255	4.073
Arginine	g	1.167	0	0.331	5.294
Histidine	g	0.632	0	0.179	2.867
Alanine	g	1.114	0	0.316	5.053
Aspartic acid	g	1.687	0	0.478	7.652
Glutamic acid	g	2.775	0	0.787	12.587
Glycine	g	1.008	0	0.286	4.572
Proline	g	0.816	0	0.231	3.701
Serine	g	0.706	0	0.200	3.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13008 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, select, cooked

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.49		0	148.55	44.62	
Energy	kcal	291		0	824	247	
Energy	kj	1218		0	3447	1035	
Protein (N x 5.95)	g	26.17		0	74.06	22.24	
Total lipid (fat)	g	19.88		0	56.26	16.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.03	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.65		0	7.50	2.25	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	205		0	580	174	
Potassium	mg	316		0	894	269	
Sodium	mg	62		0	175	53	
Zinc	mg	5.94		0	16.81	5.05	
Copper	mg	0.111		0	0.314	0.094	
Manganese	mg	0.015		0	0.042	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.226	0.068	
Riboflavin	mg	0.210		0	0.594	0.179	
Niacin	mg	3.670		0	10.386	3.119	
Pantothenic acid	mg	0.350		0	0.991	0.298	
Vitamin B-6	mg	0.330		0	0.934	0.281	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.45		0	6.93	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.880		0	22.300	6.698	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.142	0.043	
12:0	g	0.050		0	0.142	0.043	
14:0	g	0.630		0	1.783	0.536	
15.0	g						
16:0	g	4.830		0	13.669	4.106	
17:0	g						
18:0	g	2.300		0	6.509	1.955	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.500	0	24.055	7.225
14:1	g				
16:1	g	0.820	0	2.321	0.697
18:1	g	7.630	0	21.593	6.485
20:1	g	0.030	0	0.085	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.720	0	2.038	0.612
18:2	g	0.480	0	1.358	0.408
18:3	g	0.210	0	0.594	0.179
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.085	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	243	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.293	0	0.829	0.249
Threonine	g	1.143	0	3.235	0.972
Isoleucine	g	1.176	0	3.328	1.000
Leucine	g	2.068	0	5.852	1.758
Lysine	g	2.177	0	6.161	1.850
Methionine	g	0.670	0	1.896	0.570
Cystine	g	0.293	0	0.829	0.249
Phenylalanine	g	1.022	0	2.892	0.869
Tyrosine	g	0.879	0	2.488	0.747
Valine	g	1.273	0	3.603	1.082
Arginine	g	1.654	0	4.681	1.406
Histidine	g	0.896	0	2.536	0.762
Alanine	g	1.578	0	4.466	1.341
Aspartic acid	g	2.391	0	6.767	2.032
Glutamic acid	g	3.931	0	11.125	3.341
Glycine	g	1.428	0	4.041	1.214
Proline	g	1.156	0	3.271	0.983
Serine	g	1.001	0	2.833	0.851
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13009 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 9% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	57.83		0	16.39	262.32	
Energy	kcal	288		0	82	1306	
Energy	kj	1205		0	342	5466	
Protein (N x 5.95)	g	18.28		0	5.18	82.92	
Total lipid (fat)	g	23.30		0	6.61	105.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84		0	0.24	3.81	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.79		0	0.51	8.12	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	171		0	48	776	
Potassium	mg	297		0	84	1347	
Sodium	mg	53		0	15	240	
Zinc	mg	3.38		0	0.96	15.33	
Copper	mg	0.068		0	0.019	0.308	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.150		0	0.043	0.680	
Niacin	mg	3.320		0	0.941	15.060	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.78		0	0.79	12.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.189		0	0.054	0.857	
Lipids:							
Saturated, total	g	9.560		0	2.710	43.364	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.740		0	0.210	3.357	
15.0	g						
16:0	g	5.670		0	1.607	25.719	
17:0	g						
18:0	g	2.870		0	0.814	13.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.130	0	2.872	45.950
14:1	g				
16:1	g	1.130	0	0.320	5.126
18:1	g	8.830	0	2.503	40.053
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.870	0	0.247	3.946
18:2	g	0.570	0	0.162	2.586
18:3	g	0.250	0	0.071	1.134
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.011	0.181
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.930
Threonine	g	0.798	0	0.226	3.620
Isoleucine	g	0.822	0	0.233	3.729
Leucine	g	1.445	0	0.410	6.555
Lysine	g	1.521	0	0.431	6.899
Methionine	g	0.468	0	0.133	2.123
Cystine	g	0.205	0	0.058	0.930
Phenylalanine	g	0.714	0	0.202	3.239
Tyrosine	g	0.614	0	0.174	2.785
Valine	g	0.889	0	0.252	4.033
Arginine	g	1.155	0	0.327	5.239
Histidine	g	0.626	0	0.177	2.840
Alanine	g	1.103	0	0.313	5.003
Aspartic acid	g	1.670	0	0.473	7.575
Glutamic acid	g	2.746	0	0.778	12.456
Glycine	g	0.997	0	0.283	4.522
Proline	g	0.807	0	0.229	3.661
Serine	g	0.699	0	0.198	3.171
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13010 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, prime, cooked

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.67		0	146.44	43.07	
Energy	kcal	322		0	931	274	
Energy	kj	1347		0	3893	1145	
Protein (N x 5.95)	g	25.62		0	74.04	21.78	
Total lipid (fat)	g	23.54		0	68.03	20.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	3.12	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.45		0	7.08	2.08	
Magnesium	mg	24		0	69	20	
Phosphorus	mg	198		0	572	168	
Potassium	mg	347		0	1003	295	
Sodium	mg	62		0	179	53	
Zinc	mg	5.45		0	15.75	4.63	
Copper	mg	0.102		0	0.295	0.087	
Manganese	mg	0.015		0	0.043	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.260	0.077	
Riboflavin	mg	0.210		0	0.607	0.179	
Niacin	mg	4.280		0	12.369	3.638	
Pantothenic acid	mg	0.370		0	1.069	0.315	
Vitamin B-6	mg	0.370		0	1.069	0.315	
Folate	µg	8		0	23	7	
Vitamin B-12	µg	2.45		0	7.08	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.198		0	0.572	0.168	
Lipids:							
Saturated, total	g	9.490		0	27.426	8.066	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.145	0.043	
12:0	g	0.050		0	0.145	0.043	
14:0	g	0.740		0	2.139	0.629	
15.0	g						
16:0	g	5.670		0	16.386	4.819	
17:0	g						
18:0	g	2.780		0	8.034	2.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.080	0	29.131	8.568
14:1	g				
16:1	g	0.930	0	2.688	0.791
18:1	g	8.960	0	25.894	7.616
20:1	g	0.040	0	0.116	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	2.485	0.731
18:2	g	0.580	0	1.676	0.493
18:3	g	0.220	0	0.636	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.116	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	83	0	240	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.829	0.244
Threonine	g	1.119	0	3.234	0.951
Isoleucine	g	1.152	0	3.329	0.979
Leucine	g	2.025	0	5.852	1.721
Lysine	g	2.131	0	6.159	1.811
Methionine	g	0.656	0	1.896	0.558
Cystine	g	0.287	0	0.829	0.244
Phenylalanine	g	1.000	0	2.890	0.850
Tyrosine	g	0.861	0	2.488	0.732
Valine	g	1.246	0	3.601	1.059
Arginine	g	1.619	0	4.679	1.376
Histidine	g	0.877	0	2.535	0.745
Alanine	g	1.545	0	4.465	1.313
Aspartic acid	g	2.340	0	6.763	1.989
Glutamic acid	g	3.849	0	11.124	3.272
Glycine	g	1.398	0	4.040	1.188
Proline	g	1.131	0	3.269	0.961
Serine	g	0.980	0	2.832	0.833
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 29% 11% bone, 18% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.62		0	20.02	320.33	
Energy	kcal	144		0	41	653	
Energy	kj	602		0	171	2731	
Protein (N x 5.95)	g	20.78		0	5.89	94.26	
Total lipid (fat)	g	6.16		0	1.75	27.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	0.29	4.63	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.13		0	0.60	9.66	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	199		0	56	903	
Potassium	mg	356		0	101	1615	
Sodium	mg	63		0	18	286	
Zinc	mg	4.33		0	1.23	19.64	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.590		0	1.018	16.284	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.440		0	0.125	1.996	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.25		0	0.92	14.74	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.320		0	0.658	10.524	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.170		0	0.048	0.771	
15.0	g						
16:0	g	1.400		0	0.397	6.350	
17:0	g						
18:0	g	0.730		0	0.207	3.311	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.610	0	0.740	11.839
14:1	g				
16:1	g	0.230	0	0.065	1.043
18:1	g	2.360	0	0.669	10.705
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.068	1.089
18:2	g	0.190	0	0.054	0.862
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.066	1.057
Threonine	g	0.908	0	0.257	4.119
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.642	0	0.466	7.448
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.532	0	0.151	2.413
Cystine	g	0.233	0	0.066	1.057
Phenylalanine	g	0.811	0	0.230	3.679
Tyrosine	g	0.698	0	0.198	3.166
Valine	g	1.011	0	0.287	4.586
Arginine	g	1.313	0	0.372	5.956
Histidine	g	0.711	0	0.202	3.225
Alanine	g	1.253	0	0.355	5.684
Aspartic acid	g	1.898	0	0.538	8.609
Glutamic acid	g	3.122	0	0.885	14.161
Glycine	g	1.134	0	0.321	5.144
Proline	g	0.918	0	0.260	4.164
Serine	g	0.795	0	0.225	3.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked

Refuse: 28% 11% bone, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 229g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.25		0	135.68	50.36	
Energy	kcal	216		0	495	184	
Energy	kj	904		0	2070	768	
Protein (N x 5.95)	g	29.58		0	67.74	25.14	
Total lipid (fat)	g	9.91		0	22.69	8.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	2.75	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	21	8	
Iron	mg	2.99		0	6.85	2.54	
Magnesium	mg	26		0	60	22	
Phosphorus	mg	233		0	534	198	
Potassium	mg	360		0	824	306	
Sodium	mg	67		0	153	57	
Zinc	mg	6.93		0	15.87	5.89	
Copper	mg	0.125		0	0.286	0.106	
Manganese	mg	0.017		0	0.039	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.229	0.085	
Riboflavin	mg	0.240		0	0.550	0.204	
Niacin	mg	4.130		0	9.458	3.510	
Pantothenic acid	mg	0.400		0	0.916	0.340	
Vitamin B-6	mg	0.370		0	0.847	0.315	
Folate	µg	8		0	18	7	
Vitamin B-12	µg	2.64		0	6.05	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.321	0.119	
Lipids:							
Saturated, total	g	3.790		0	8.679	3.221	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.023	0.009	
12:0	g	0.010		0	0.023	0.009	
14:0	g	0.280		0	0.641	0.238	
15.0	g						
16:0	g	2.250		0	5.152	1.913	
17:0	g						
18:0	g	1.220		0	2.794	1.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.170	0	9.549	3.544
14:1	g				
16:1	g	0.350	0	0.801	0.298
18:1	g	3.800	0	8.702	3.230
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.340	0	0.779	0.289
18:2	g	0.270	0	0.618	0.230
18:3	g	0.030	0	0.069	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.092	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	197	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.331	0	0.758	0.281
Threonine	g	1.292	0	2.959	1.098
Isoleucine	g	1.330	0	3.046	1.131
Leucine	g	2.338	0	5.354	1.987
Lysine	g	2.461	0	5.636	2.092
Methionine	g	0.757	0	1.734	0.643
Cystine	g	0.331	0	0.758	0.281
Phenylalanine	g	1.155	0	2.645	0.982
Tyrosine	g	0.994	0	2.276	0.845
Valine	g	1.439	0	3.295	1.223
Arginine	g	1.869	0	4.280	1.589
Histidine	g	1.013	0	2.320	0.861
Alanine	g	1.784	0	4.085	1.516
Aspartic acid	g	2.702	0	6.188	2.297
Glutamic acid	g	4.444	0	10.177	3.777
Glycine	g	1.614	0	3.696	1.372
Proline	g	1.306	0	2.991	1.110
Serine	g	1.131	0	2.590	0.961
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13013 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 3% 12% bone, 18% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.27		0	19.92	318.74	
Energy	kcal	150		0	43	680	
Energy	kj	628		0	178	2849	
Protein (N x 5.95)	g	20.78		0	5.89	94.26	
Total lipid (fat)	g	6.82		0	1.93	30.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.13		0	0.60	9.66	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	199		0	56	903	
Potassium	mg	356		0	101	1615	
Sodium	mg	63		0	18	286	
Zinc	mg	4.32		0	1.22	19.60	
Copper	mg	0.079		0	0.022	0.358	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.600		0	1.021	16.330	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.440		0	0.125	1.996	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.25		0	0.92	14.74	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.560		0	0.726	11.612	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		0	0.051	0.816	
15.0	g						
16:0	g	1.550		0	0.439	7.031	
17:0	g						
18:0	g	0.810		0	0.230	3.674	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.880	0	0.816	13.064
14:1	g				
16:1	g	0.250	0	0.071	1.134
18:1	g	2.620	0	0.743	11.884
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.270	0	0.077	1.225
18:2	g	0.210	0	0.060	0.953
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.066	1.057
Threonine	g	0.908	0	0.257	4.119
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.643	0	0.466	7.453
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.532	0	0.151	2.413
Cystine	g	0.233	0	0.066	1.057
Phenylalanine	g	0.811	0	0.230	3.679
Tyrosine	g	0.698	0	0.198	3.166
Valine	g	1.011	0	0.287	4.586
Arginine	g	1.313	0	0.372	5.956
Histidine	g	0.712	0	0.202	3.230
Alanine	g	1.254	0	0.356	5.688
Aspartic acid	g	1.899	0	0.538	8.614
Glutamic acid	g	3.122	0	0.885	14.161
Glycine	g	1.134	0	0.321	5.144
Proline	g	0.918	0	0.260	4.164
Serine	g	0.795	0	0.225	3.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13014 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Refuse: 31% 13% bone, 18% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 226g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.87		0	133.05	50.04	
Energy	kcal	222		0	502	189	
Energy	kj	929		0	2100	790	
Protein (N x 5.95)	g	29.58		0	66.85	25.14	
Total lipid (fat)	g	10.66		0	24.09	9.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	2.71	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	20	8	
Iron	mg	2.99		0	6.76	2.54	
Magnesium	mg	26		0	59	22	
Phosphorus	mg	233		0	527	198	
Potassium	mg	360		0	814	306	
Sodium	mg	67		0	151	57	
Zinc	mg	6.92		0	15.64	5.88	
Copper	mg	0.125		0	0.282	0.106	
Manganese	mg	0.017		0	0.038	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.226	0.085	
Riboflavin	mg	0.240		0	0.542	0.204	
Niacin	mg	4.140		0	9.356	3.519	
Pantothenic acid	mg	0.400		0	0.904	0.340	
Vitamin B-6	mg	0.370		0	0.836	0.315	
Folate	µg	8		0	18	7	
Vitamin B-12	µg	2.64		0	5.97	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.070		0	9.198	3.460	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.023	0.009	
12:0	g	0.010		0	0.023	0.009	
14:0	g	0.300		0	0.678	0.255	
15.0	g						
16:0	g	2.420		0	5.469	2.057	
17:0	g						
18:0	g	1.320		0	2.983	1.122	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.480	0	10.125	3.808
14:1	g				
16:1	g	0.380	0	0.859	0.323
18:1	g	4.090	0	9.243	3.476
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.360	0	0.814	0.306
18:2	g	0.290	0	0.655	0.247
18:3	g	0.030	0	0.068	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.090	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	194	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.331	0	0.748	0.281
Threonine	g	1.292	0	2.920	1.098
Isoleucine	g	1.330	0	3.006	1.131
Leucine	g	2.338	0	5.284	1.987
Lysine	g	2.461	0	5.562	2.092
Methionine	g	0.757	0	1.711	0.643
Cystine	g	0.331	0	0.748	0.281
Phenylalanine	g	1.155	0	2.610	0.982
Tyrosine	g	0.994	0	2.246	0.845
Valine	g	1.439	0	3.252	1.223
Arginine	g	1.869	0	4.224	1.589
Histidine	g	1.013	0	2.289	0.861
Alanine	g	1.784	0	4.032	1.516
Aspartic acid	g	2.702	0	6.107	2.297
Glutamic acid	g	4.444	0	10.043	3.777
Glycine	g	1.614	0	3.648	1.372
Proline	g	1.306	0	2.952	1.110
Serine	g	1.131	0	2.556	0.961
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13015 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 28% 11% bone, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.93		0	20.11	321.74	
Energy	kcal	141		0	40	640	
Energy	kj	590		0	167	2676	
Protein (N x 5.95)	g	20.67		0	5.86	93.76	
Total lipid (fat)	g	5.84		0	1.66	26.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	0.29	4.63	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.12		0	0.60	9.62	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	198		0	56	898	
Potassium	mg	354		0	100	1606	
Sodium	mg	63		0	18	286	
Zinc	mg	4.32		0	1.22	19.60	
Copper	mg	0.078		0	0.022	0.354	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.570		0	1.012	16.194	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.430		0	0.122	1.950	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.24		0	0.92	14.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	2.230		0	0.632	10.115	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.160		0	0.045	0.726	
15.0	g						
16:0	g	1.350		0	0.383	6.124	
17:0	g						
18:0	g	0.700		0	0.198	3.175	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.480	0	0.703	11.249
14:1	g				
16:1	g	0.230	0	0.065	1.043
18:1	g	2.240	0	0.635	10.161
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.065	1.043
18:2	g	0.180	0	0.051	0.816
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	60	0	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.232	0	0.066	1.052
Threonine	g	0.903	0	0.256	4.096
Isoleucine	g	0.929	0	0.263	4.214
Leucine	g	1.634	0	0.463	7.412
Lysine	g	1.720	0	0.488	7.802
Methionine	g	0.529	0	0.150	2.400
Cystine	g	0.232	0	0.066	1.052
Phenylalanine	g	0.807	0	0.229	3.661
Tyrosine	g	0.695	0	0.197	3.153
Valine	g	1.005	0	0.285	4.559
Arginine	g	1.306	0	0.370	5.924
Histidine	g	0.708	0	0.201	3.211
Alanine	g	1.247	0	0.354	5.656
Aspartic acid	g	1.888	0	0.535	8.564
Glutamic acid	g	3.105	0	0.880	14.084
Glycine	g	1.128	0	0.320	5.117
Proline	g	0.913	0	0.259	4.141
Serine	g	0.790	0	0.224	3.583
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13016 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, cooked

Refuse: 3% 14% bone, 16% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 232g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.96		0	139.11	50.97	
Energy	kcal	205		0	476	174	
Energy	kj	858		0	1991	729	
Protein (N x 5.95)	g	29.59		0	68.65	25.15	
Total lipid (fat)	g	8.76		0	20.32	7.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	2.78	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	21	8	
Iron	mg	2.99		0	6.94	2.54	
Magnesium	mg	26		0	60	22	
Phosphorus	mg	233		0	541	198	
Potassium	mg	359		0	833	305	
Sodium	mg	67		0	155	57	
Zinc	mg	6.94		0	16.10	5.90	
Copper	mg	0.125		0	0.290	0.106	
Manganese	mg	0.017		0	0.039	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.232	0.085	
Riboflavin	mg	0.240		0	0.557	0.204	
Niacin	mg	4.130		0	9.582	3.510	
Pantothenic acid	mg	0.400		0	0.928	0.340	
Vitamin B-6	mg	0.370		0	0.858	0.315	
Folate	µg	8		0	19	7	
Vitamin B-12	µg	2.64		0	6.12	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.350		0	7.772	2.848	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.023	0.009	
12:0	g	0.010		0	0.023	0.009	
14:0	g	0.250		0	0.580	0.213	
15.0	g						
16:0	g	1.990		0	4.617	1.692	
17:0	g						
18:0	g	1.080		0	2.506	0.918	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.690	0	8.561	3.136
14:1	g				
16:1	g	0.310	0	0.719	0.264
18:1	g	3.360	0	7.795	2.856
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.300	0	0.696	0.255
18:2	g	0.240	0	0.557	0.204
18:3	g	0.030	0	0.070	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.070	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	200	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.331	0	0.768	0.281
Threonine	g	1.292	0	2.997	1.098
Isoleucine	g	1.330	0	3.086	1.131
Leucine	g	2.339	0	5.426	1.988
Lysine	g	2.462	0	5.712	2.093
Methionine	g	0.757	0	1.756	0.643
Cystine	g	0.331	0	0.768	0.281
Phenylalanine	g	1.155	0	2.680	0.982
Tyrosine	g	0.994	0	2.306	0.845
Valine	g	1.439	0	3.338	1.223
Arginine	g	1.870	0	4.338	1.590
Histidine	g	1.013	0	2.350	0.861
Alanine	g	1.785	0	4.141	1.517
Aspartic acid	g	2.703	0	6.271	2.298
Glutamic acid	g	4.445	0	10.312	3.778
Glycine	g	1.614	0	3.744	1.372
Proline	g	1.307	0	3.032	1.111
Serine	g	1.131	0	2.624	0.961
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13017 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 22% 9% bone, 20% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.59		0	19.45	311.12	
Energy	kcal	178		0	50	807	
Energy	kj	745		0	211	3379	
Protein (N x 5.95)	g	21.16		0	6.00	95.98	
Total lipid (fat)	g	9.69		0	2.75	43.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	0.28	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.08		0	0.59	9.43	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	201		0	57	912	
Potassium	mg	363		0	103	1647	
Sodium	mg	60		0	17	272	
Zinc	mg	4.06		0	1.15	18.42	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.860		0	1.094	17.509	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.440		0	0.125	1.996	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.15		0	0.89	14.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.870		0	1.097	17.554	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.270		0	0.077	1.225	
15.0	g						
16:0	g	2.230		0	0.632	10.115	
17:0	g						
18:0	g	1.170		0	0.332	5.307	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.170	0	1.182	18.915
14:1	g				
16:1	g	0.340	0	0.096	1.542
18:1	g	3.650	0	1.035	16.556
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.390	0	0.111	1.769
18:2	g	0.310	0	0.088	1.406
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.237	0	0.067	1.075
Threonine	g	0.924	0	0.262	4.191
Isoleucine	g	0.951	0	0.270	4.314
Leucine	g	1.672	0	0.474	7.584
Lysine	g	1.760	0	0.499	7.983
Methionine	g	0.542	0	0.154	2.459
Cystine	g	0.237	0	0.067	1.075
Phenylalanine	g	0.826	0	0.234	3.747
Tyrosine	g	0.711	0	0.202	3.225
Valine	g	1.029	0	0.292	4.668
Arginine	g	1.337	0	0.379	6.065
Histidine	g	0.725	0	0.206	3.289
Alanine	g	1.276	0	0.362	5.788
Aspartic acid	g	1.933	0	0.548	8.768
Glutamic acid	g	3.179	0	0.901	14.420
Glycine	g	1.154	0	0.327	5.235
Proline	g	0.934	0	0.265	4.237
Serine	g	0.809	0	0.229	3.670
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13018 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, cooked

Refuse: 28% 12% bone, 16% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.02		0	136.93	49.32	
Energy	kcal	241		0	569	205	
Energy	kj	1008		0	2379	857	
Protein (N x 5.95)	g	29.04		0	68.53	24.68	
Total lipid (fat)	g	12.98		0	30.63	11.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.90	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	19	7	
Iron	mg	2.84		0	6.70	2.41	
Magnesium	mg	28		0	66	24	
Phosphorus	mg	227		0	536	193	
Potassium	mg	398		0	939	338	
Sodium	mg	67		0	158	57	
Zinc	mg	6.67		0	15.74	5.67	
Copper	mg	0.117		0	0.276	0.099	
Manganese	mg	0.017		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.236	0.085	
Riboflavin	mg	0.250		0	0.590	0.213	
Niacin	mg	4.760		0	11.234	4.046	
Pantothenic acid	mg	0.430		0	1.015	0.366	
Vitamin B-6	mg	0.410		0	0.968	0.349	
Folate	µg	9		0	21	8	
Vitamin B-12	µg	2.82		0	6.66	2.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.200		0	12.272	4.420	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.024	0.009	
12:0	g	0.010		0	0.024	0.009	
14:0	g	0.370		0	0.873	0.315	
15.0	g						
16:0	g	2.940		0	6.938	2.499	
17:0	g						
18:0	g	1.630		0	3.847	1.385	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.500	0	12.980	4.675
14:1	g				
16:1	g	0.430	0	1.015	0.366
18:1	g	4.870	0	11.493	4.139
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.460	0	1.086	0.391
18:2	g	0.360	0	0.850	0.306
18:3	g	0.030	0	0.071	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.118	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	194	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.767	0.276
Threonine	g	1.269	0	2.995	1.079
Isoleucine	g	1.306	0	3.082	1.110
Leucine	g	2.296	0	5.419	1.952
Lysine	g	2.416	0	5.702	2.054
Methionine	g	0.743	0	1.753	0.632
Cystine	g	0.325	0	0.767	0.276
Phenylalanine	g	1.134	0	2.676	0.964
Tyrosine	g	0.976	0	2.303	0.830
Valine	g	1.413	0	3.335	1.201
Arginine	g	1.835	0	4.331	1.560
Histidine	g	0.994	0	2.346	0.845
Alanine	g	1.752	0	4.135	1.489
Aspartic acid	g	2.653	0	6.261	2.255
Glutamic acid	g	4.363	0	10.297	3.709
Glycine	g	1.585	0	3.741	1.347
Proline	g	1.283	0	3.028	1.091
Serine	g	1.111	0	2.622	0.944
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13019 Beef, retail cuts, separable fat, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	20.21	0.958	12	5.73	22.84	
Energy	kcal	674		0	191	762	
Energy	kj	2820		0	799	3187	
Protein (N x 5.95)	g	8.21	0.505	6	2.33	9.28	
Total lipid (fat)	g	70.89	0.587	12	20.10	80.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.28	0.029	6	0.08	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	11	
Iron	mg	0.75	0.038	6	0.21	0.85	
Magnesium	mg	3	0.274	6	1	3	
Phosphorus	mg	68		0	19	77	
Potassium	mg	66	2.617	6	19	75	
Sodium	mg	29	2.432	6	8	33	
Zinc	mg	1.00		1	0.28	1.13	
Copper	mg	0.033		0	0.009	0.037	
Manganese	mg	0.006		0	0.002	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.011	0.045	
Riboflavin	mg	0.070		0	0.020	0.079	
Niacin	mg	1.420		0	0.403	1.605	
Pantothenic acid	mg	0.140		0	0.040	0.158	
Vitamin B-6	mg	0.170		0	0.048	0.192	
Folate	µg	3		0	1	3	
Vitamin B-12	µg	1.46	0.060	12	0.41	1.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	29.450		0	8.349	33.279	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.310		73	0.088	0.350	
12:0	g	0.210		86	0.060	0.237	
14:0	g	2.390		500	0.678	2.701	
15.0	g						
16:0	g	17.730		513	5.026	20.035	
17:0	g						
18:0	g	8.810		517	2.498	9.955	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	30.940		0	8.771	34.962
14:1	g					
16:1	g	3.880		513	1.100	4.384
18:1	g	26.950		517	7.640	30.453
20:1	g	0.110		11	0.031	0.124
22.1	g					
Polyunsaturated, total	g	2.560		0	0.726	2.893
18:2	g	1.490		503	0.422	1.684
18:3	g	1.070		169	0.303	1.209
18:4	g					
20:4	g	0.000		19	0.000	0.000
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	99	3.923	13	28	112
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		18	0.026	0.104
Threonine	g	0.359		18	0.102	0.406
Isoleucine	g	0.369		18	0.105	0.417
Leucine	g	0.649		18	0.184	0.733
Lysine	g	0.683		18	0.194	0.772
Methionine	g	0.210		18	0.060	0.237
Cystine	g	0.092		18	0.026	0.104
Phenylalanine	g	0.321		18	0.091	0.363
Tyrosine	g	0.276		18	0.078	0.312
Valine	g	0.399		18	0.113	0.451
Arginine	g	0.519		18	0.147	0.586
Histidine	g	0.281		18	0.080	0.318
Alanine	g	0.495		18	0.140	0.559
Aspartic acid	g	0.750		18	0.213	0.848
Glutamic acid	g	1.234		18	0.350	1.394
Glycine	g	0.448		18	0.127	0.506
Proline	g	0.363		18	0.103	0.410
Serine	g	0.314		18	0.089	0.355
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13020 Beef, retail cuts, separable fat, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	18.58	1.493	6	5.27	15.79	
Energy	kcal	680		0	193	578	
Energy	kj	2845		0	807	2418	
Protein (N x 5.95)	g	10.65	1.038	6	3.02	9.05	
Total lipid (fat)	g	70.33	2.098	6	19.94	59.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.45	0.038	6	0.13	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	4	12	
Iron	mg	1.06	0.084	6	0.30	0.90	
Magnesium	mg	6	0.750	6	2	5	
Phosphorus	mg	76		1	22	65	
Potassium	mg	119	12.656	6	34	101	
Sodium	mg	41	3.318	6	12	35	
Zinc	mg	1.40		1	0.40	1.19	
Copper	mg	0.045		1	0.013	0.038	
Manganese	mg	0.007		1	0.002	0.006	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		1	0.009	0.026	
Riboflavin	mg	0.090		1	0.026	0.077	
Niacin	mg	1.550		1	0.439	1.317	
Pantothenic acid	mg	0.150		1	0.043	0.128	
Vitamin B-6	mg	0.140		1	0.040	0.119	
Folate	µg	3		1	1	3	
Vitamin B-12	µg	1.62	0.085	6	0.46	1.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.460		0	0.130	0.391	
Lipids:							
Saturated, total	g	28.500		0	8.080	24.225	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.270		33	0.077	0.230	
12:0	g	0.250		33	0.071	0.213	
14:0	g	2.350		33	0.666	1.998	
15.0	g						
16:0	g	17.770		33	5.038	15.104	
17:0	g						
18:0	g	7.860		33	2.228	6.681	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	30.450		0	8.633	25.883
14:1	g					
16:1	g	3.140		33	0.890	2.669
18:1	g	27.140		33	7.694	23.069
20:1	g	0.170		33	0.048	0.145
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.660		0	0.754	2.261
18:2	g	1.620		33	0.459	1.377
18:3	g	1.040		33	0.295	0.884
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		33	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	3.877	6	27	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.119		0	0.034	0.101
Threonine	g	0.465		0	0.132	0.395
Isoleucine	g	0.479		0	0.136	0.407
Leucine	g	0.842		0	0.239	0.716
Lysine	g	0.886		0	0.251	0.753
Methionine	g	0.273		0	0.077	0.232
Cystine	g	0.119		0	0.034	0.101
Phenylalanine	g	0.416		0	0.118	0.354
Tyrosine	g	0.358		0	0.101	0.304
Valine	g	0.518		0	0.147	0.440
Arginine	g	0.673		0	0.191	0.572
Histidine	g	0.365		0	0.103	0.310
Alanine	g	0.642		0	0.182	0.546
Aspartic acid	g	0.973		0	0.276	0.827
Glutamic acid	g	1.600		0	0.454	1.360
Glycine	g	0.581		0	0.165	0.494
Proline	g	0.470		0	0.133	0.400
Serine	g	0.407		0	0.115	0.346
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 13021 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 0% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	55.18		0	15.64	250.30	
Energy	kcal	312		0	88	1415	
Energy	kj	1305		0	370	5919	
Protein (N x 5.95)	g	16.94		0	4.80	76.84	
Total lipid (fat)	g	26.54		0	7.52	120.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	0.23	3.63	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.57		0	0.45	7.12	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	161		0	46	730	
Potassium	mg	250		0	71	1134	
Sodium	mg	64		0	18	290	
Zinc	mg	3.31		0	0.94	15.01	
Copper	mg	0.065		0	0.018	0.295	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.140		0	0.040	0.635	
Niacin	mg	3.180		0	0.902	14.424	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.350		0	0.099	1.588	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.13		0	0.60	9.66	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.690		0	3.031	48.490	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.870		0	0.247	3.946	
15.0	g						
16:0	g	6.490		0	1.840	29.439	
17:0	g						
18:0	g	3.170		0	0.899	14.379	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.750	0	3.331	53.298
14:1	g				
16:1	g	1.420	0	0.403	6.441
18:1	g	10.300	0	2.920	46.721
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.930	0	0.264	4.218
18:2	g	0.580	0	0.164	2.631
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	21	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.190	0	0.054	0.862
Threonine	g	0.740	0	0.210	3.357
Isoleucine	g	0.762	0	0.216	3.456
Leucine	g	1.339	0	0.380	6.074
Lysine	g	1.410	0	0.400	6.396
Methionine	g	0.434	0	0.123	1.969
Cystine	g	0.190	0	0.054	0.862
Phenylalanine	g	0.662	0	0.188	3.003
Tyrosine	g	0.569	0	0.161	2.581
Valine	g	0.824	0	0.234	3.738
Arginine	g	1.071	0	0.304	4.858
Histidine	g	0.580	0	0.164	2.631
Alanine	g	1.022	0	0.290	4.636
Aspartic acid	g	1.548	0	0.439	7.022
Glutamic acid	g	2.546	0	0.722	11.549
Glycine	g	0.924	0	0.262	4.191
Proline	g	0.748	0	0.212	3.393
Serine	g	0.648	0	0.184	2.939
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13022 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 0% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	44.82		0	147.91	38.10	
Energy	kcal	385		0	1271	327	
Energy	kj	1611		0	5316	1369	
Protein (N x 5.95)	g	23.50		0	77.55	19.98	
Total lipid (fat)	g	31.56		0	104.15	26.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	2.81	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	26	7	
Iron	mg	2.24		0	7.39	1.90	
Magnesium	mg	18		0	59	15	
Phosphorus	mg	187		0	617	159	
Potassium	mg	231		0	762	196	
Sodium	mg	61		0	201	52	
Zinc	mg	5.10		0	16.83	4.33	
Copper	mg	0.095		0	0.314	0.081	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.198	0.051	
Riboflavin	mg	0.180		0	0.594	0.153	
Niacin	mg	3.000		0	9.900	2.550	
Pantothenic acid	mg	0.290		0	0.957	0.247	
Vitamin B-6	mg	0.240		0	0.792	0.204	
Folate	µg	6		0	20	5	
Vitamin B-12	µg	2.28		0	7.52	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.240		0	0.792	0.204	
Lipids:							
Saturated, total	g	12.380		0	40.854	10.523	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.297	0.077	
12:0	g	0.080		0	0.264	0.068	
14:0	g	1.030		0	3.399	0.876	
15.0	g						
16:0	g	7.700		0	25.410	6.545	
17:0	g						
18:0	g	3.470		0	11.451	2.950	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.900	0	45.870	11.815
14:1	g				
16:1	g	1.420	0	4.686	1.207
18:1	g	12.420	0	40.986	10.557
20:1	g	0.060	0	0.198	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.130	0	3.729	0.961
18:2	g	0.740	0	2.442	0.629
18:3	g	0.360	0	1.188	0.306
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.099	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	94	0	310	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.868	0.224
Threonine	g	1.027	0	3.389	0.873
Isoleucine	g	1.057	0	3.488	0.898
Leucine	g	1.858	0	6.131	1.579
Lysine	g	1.956	0	6.455	1.663
Methionine	g	0.602	0	1.987	0.512
Cystine	g	0.263	0	0.868	0.224
Phenylalanine	g	0.918	0	3.029	0.780
Tyrosine	g	0.790	0	2.607	0.672
Valine	g	1.143	0	3.772	0.972
Arginine	g	1.485	0	4.901	1.262
Histidine	g	0.805	0	2.657	0.684
Alanine	g	1.418	0	4.679	1.205
Aspartic acid	g	2.147	0	7.085	1.825
Glutamic acid	g	3.531	0	11.652	3.001
Glycine	g	1.282	0	4.231	1.090
Proline	g	1.038	0	3.425	0.882
Serine	g	0.899	0	2.967	0.764
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13023 Beef, brisket, whole, separable lean only, all grades, raw

Refuse: 30% Connective tissue 0.3%, separable fat 30%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.29		0	19.93	318.84	
Energy	kcal	155		0	44	703	
Energy	kj	649		0	184	2944	
Protein (N x 5.95)	g	20.72		0	5.87	93.99	
Total lipid (fat)	g	7.37		0	2.09	33.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	0.29	4.63	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.92		0	0.54	8.71	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	201		0	57	912	
Potassium	mg	330		0	94	1497	
Sodium	mg	79		0	22	358	
Zinc	mg	4.31		0	1.22	19.55	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.940		0	1.117	17.872	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.420		0	0.119	1.905	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.43		0	0.69	11.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.590		0	0.734	11.748	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.220		0	0.062	0.998	
15.0	g						
16:0	g	1.630		0	0.462	7.394	
17:0	g						
18:0	g	0.730		0	0.207	3.311	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.460	0	0.981	15.695
14:1	g				
16:1	g	0.350	0	0.099	1.588
18:1	g	3.100	0	0.879	14.062
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.230	0	0.065	1.043
18:2	g	0.180	0	0.051	0.816
18:3	g	0.020	0	0.006	0.091
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	0	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.232	0	0.066	1.052
Threonine	g	0.905	0	0.257	4.105
Isoleucine	g	0.931	0	0.264	4.223
Leucine	g	1.637	0	0.464	7.425
Lysine	g	1.724	0	0.489	7.820
Methionine	g	0.530	0	0.150	2.404
Cystine	g	0.232	0	0.066	1.052
Phenylalanine	g	0.809	0	0.229	3.670
Tyrosine	g	0.696	0	0.197	3.157
Valine	g	1.008	0	0.286	4.572
Arginine	g	1.309	0	0.371	5.938
Histidine	g	0.709	0	0.201	3.216
Alanine	g	1.250	0	0.354	5.670
Aspartic acid	g	1.893	0	0.537	8.587
Glutamic acid	g	3.112	0	0.882	14.116
Glycine	g	1.130	0	0.320	5.126
Proline	g	0.915	0	0.259	4.150
Serine	g	0.792	0	0.225	3.593
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 3% Separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 232g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.52		0	133.45	48.89	
Energy	kcal	242		0	561	206	
Energy	kj	1013		0	2350	861	
Protein (N x 5.95)	g	29.75		0	69.02	25.29	
Total lipid (fat)	g	12.76		0	29.60	10.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.41	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	14	5	
Iron	mg	2.81		0	6.52	2.39	
Magnesium	mg	23		0	53	20	
Phosphorus	mg	241		0	559	205	
Potassium	mg	285		0	661	242	
Sodium	mg	70		0	162	60	
Zinc	mg	6.89		0	15.98	5.86	
Copper	mg	0.119		0	0.276	0.101	
Manganese	mg	0.017		0	0.039	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.162	0.060	
Riboflavin	mg	0.220		0	0.510	0.187	
Niacin	mg	3.710		0	8.607	3.154	
Pantothenic acid	mg	0.360		0	0.835	0.306	
Vitamin B-6	mg	0.290		0	0.673	0.247	
Folate	µg	8		0	19	7	
Vitamin B-12	µg	2.60		0	6.03	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.325	0.119	
Lipids:							
Saturated, total	g	4.560		0	10.579	3.876	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.023	0.009	
12:0	g	0.010		0	0.023	0.009	
14:0	g	0.380		0	0.882	0.323	
15.0	g						
16:0	g	2.820		0	6.542	2.397	
17:0	g						
18:0	g	1.350		0	3.132	1.148	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.870	0	13.618	4.989
14:1	g				
16:1	g	0.580	0	1.346	0.493
18:1	g	5.280	0	12.250	4.488
20:1	g	0.010	0	0.023	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.390	0	0.905	0.331
18:2	g	0.310	0	0.719	0.264
18:3	g	0.030	0	0.070	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.116	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	216	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.333	0	0.773	0.283
Threonine	g	1.299	0	3.014	1.104
Isoleucine	g	1.338	0	3.104	1.137
Leucine	g	2.351	0	5.454	1.998
Lysine	g	2.475	0	5.742	2.104
Methionine	g	0.762	0	1.768	0.648
Cystine	g	0.333	0	0.773	0.283
Phenylalanine	g	1.161	0	2.694	0.987
Tyrosine	g	1.000	0	2.320	0.850
Valine	g	1.447	0	3.357	1.230
Arginine	g	1.880	0	4.362	1.598
Histidine	g	1.019	0	2.364	0.866
Alanine	g	1.794	0	4.162	1.525
Aspartic acid	g	2.718	0	6.306	2.310
Glutamic acid	g	4.470	0	10.370	3.800
Glycine	g	1.623	0	3.765	1.380
Proline	g	1.314	0	3.048	1.117
Serine	g	1.138	0	2.640	0.967
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13025 Beef, brisket, flat half, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	57.07		0	16.18	64.49	
Energy	kcal	290		0	82	328	
Energy	kj	1213		0	344	1371	
Protein (N x 5.95)	g	17.88		0	5.07	20.20	
Total lipid (fat)	g	23.67		0	6.71	26.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	0.24	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	7	
Iron	mg	1.60		0	0.45	1.81	
Magnesium	mg	18		0	5	20	
Phosphorus	mg	173		0	49	195	
Potassium	mg	272		0	77	307	
Sodium	mg	62		0	18	70	
Zinc	mg	2.86		0	0.81	3.23	
Copper	mg	0.066		0	0.019	0.075	
Manganese	mg	0.012		0	0.003	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.102	
Riboflavin	mg	0.150		0	0.043	0.170	
Niacin	mg	3.560		0	1.009	4.023	
Pantothenic acid	mg	0.300		0	0.085	0.339	
Vitamin B-6	mg	0.370		0	0.105	0.418	
Folate	µg	6		0	2	7	
Vitamin B-12	µg	2.16		0	0.61	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.400		0	2.665	10.622	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.090	
12:0	g	0.060		0	0.017	0.068	
14:0	g	0.760		0	0.215	0.859	
15.0	g						
16:0	g	5.690		0	1.613	6.430	
17:0	g						
18:0	g	2.820		0	0.799	3.187	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.330	0	2.929	11.673
14:1	g				
16:1	g	1.240	0	0.352	1.401
18:1	g	9.060	0	2.569	10.238
20:1	g	0.030	0	0.009	0.034
22.1	g				
Polyunsaturated, total	g	0.860	0	0.244	0.972
18:2	g	0.530	0	0.150	0.599
18:3	g	0.300	0	0.085	0.339
18:4	g				
20:4	g	0.030	0	0.009	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	0.057	0.226
Threonine	g	0.781	0	0.221	0.883
Isoleucine	g	0.804	0	0.228	0.909
Leucine	g	1.413	0	0.401	1.597
Lysine	g	1.487	0	0.422	1.680
Methionine	g	0.458	0	0.130	0.518
Cystine	g	0.200	0	0.057	0.226
Phenylalanine	g	0.698	0	0.198	0.789
Tyrosine	g	0.601	0	0.170	0.679
Valine	g	0.869	0	0.246	0.982
Arginine	g	1.130	0	0.320	1.277
Histidine	g	0.612	0	0.174	0.692
Alanine	g	1.078	0	0.306	1.218
Aspartic acid	g	1.633	0	0.463	1.845
Glutamic acid	g	2.686	0	0.761	3.035
Glycine	g	0.975	0	0.276	1.102
Proline	g	0.789	0	0.224	0.892
Serine	g	0.684	0	0.194	0.773
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13026 Beef, brisket, flat half, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.40		0	151.73	39.44	
Energy	kcal	364		0	1190	309	
Energy	kj	1523		0	4980	1295	
Protein (N x 5.95)	g	25.05		0	81.91	21.29	
Total lipid (fat)	g	28.50		0	93.19	24.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.94	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	26	7	
Iron	mg	2.29		0	7.49	1.95	
Magnesium	mg	19		0	62	16	
Phosphorus	mg	201		0	657	171	
Potassium	mg	243		0	795	207	
Sodium	mg	56		0	183	48	
Zinc	mg	4.82		0	15.76	4.10	
Copper	mg	0.100		0	0.327	0.085	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.196	0.051	
Riboflavin	mg	0.180		0	0.589	0.153	
Niacin	mg	3.140		0	10.268	2.669	
Pantothenic acid	mg	0.300		0	0.981	0.255	
Vitamin B-6	mg	0.260		0	0.850	0.221	
Folate	µg	6		0	20	5	
Vitamin B-12	µg	2.32		0	7.59	1.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.020		0	36.035	9.367	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.262	0.068	
12:0	g	0.080		0	0.262	0.068	
14:0	g	0.900		0	2.943	0.765	
15.0	g						
16:0	g	6.870		0	22.465	5.840	
17:0	g						
18:0	g	3.100		0	10.137	2.635	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.430	0	40.646	10.566
14:1	g				
16:1	g	1.270	0	4.153	1.080
18:1	g	11.110	0	36.330	9.443
20:1	g	0.050	0	0.164	0.043
22.1	g				
Polyunsaturated, total	g	1.080	0	3.532	0.918
18:2	g	0.700	0	2.289	0.595
18:3	g	0.340	0	1.112	0.289
18:4	g				
20:4	g	0.040	0	0.131	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	0	311	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.281	0	0.919	0.239
Threonine	g	1.094	0	3.577	0.930
Isoleucine	g	1.126	0	3.682	0.957
Leucine	g	1.980	0	6.475	1.683
Lysine	g	2.084	0	6.815	1.771
Methionine	g	0.641	0	2.096	0.545
Cystine	g	0.281	0	0.919	0.239
Phenylalanine	g	0.978	0	3.198	0.831
Tyrosine	g	0.842	0	2.753	0.716
Valine	g	1.218	0	3.983	1.035
Arginine	g	1.583	0	5.176	1.346
Histidine	g	0.858	0	2.806	0.729
Alanine	g	1.511	0	4.941	1.284
Aspartic acid	g	2.289	0	7.485	1.946
Glutamic acid	g	3.763	0	12.305	3.199
Glycine	g	1.367	0	4.470	1.162
Proline	g	1.106	0	3.617	0.940
Serine	g	0.958	0	3.133	0.814
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13027 Beef, brisket, flat half, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 0% 3

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.70		1	20.04	320.70	
Energy	kcal	148		0	42	671	
Energy	kj	619		0	175	2808	
Protein (N x 5.95)	g	21.45	0.243	11	6.08	97.30	
Total lipid (fat)	g	6.20		1	1.76	28.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.023	9	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.229	9	1	23	
Iron	mg	1.91	0.108	9	0.54	8.66	
Magnesium	mg	24	0.661	9	7	109	
Phosphorus	mg	212		1	60	962	
Potassium	mg	348	11.065	9	99	1579	
Sodium	mg	74	7.922	9	21	336	
Zinc	mg	3.55	0.253	8	1.01	16.10	
Copper	mg	0.078	0.005	8	0.022	0.354	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.006	11	0.028	0.454	
Riboflavin	mg	0.180	0.012	7	0.051	0.816	
Niacin	mg	4.350	0.285	11	1.233	19.732	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	7	0.756	11	2	32	
Vitamin B-12	µg	2.42	0.410	11	0.69	10.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.990		0	0.564	9.027	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.150		8	0.043	0.680	
15.0	g						
16:0	g	1.240		8	0.352	5.625	
17:0	g						
18:0	g	0.600		8	0.170	2.722	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.710		0	0.768	12.293
14:1	g					
16:1	g	0.270		8	0.077	1.225
18:1	g	2.440		8	0.692	11.068
20:1	g	0.000		8	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.230		0	0.065	1.043
18:2	g	0.180		8	0.051	0.816
18:3	g	0.010		8	0.003	0.045
18:4	g					
20:4	g	0.040		8	0.011	0.181
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	1.093	8	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.068	1.089
Threonine	g	0.937		0	0.266	4.250
Isoleucine	g	0.964		0	0.273	4.373
Leucine	g	1.695		0	0.481	7.689
Lysine	g	1.785		0	0.506	8.097
Methionine	g	0.549		0	0.156	2.490
Cystine	g	0.240		0	0.068	1.089
Phenylalanine	g	0.837		0	0.237	3.797
Tyrosine	g	0.721		0	0.204	3.270
Valine	g	1.043		0	0.296	4.731
Arginine	g	1.356		0	0.384	6.151
Histidine	g	0.734		0	0.208	3.329
Alanine	g	1.294		0	0.367	5.870
Aspartic acid	g	1.960		0	0.556	8.891
Glutamic acid	g	3.223		0	0.914	14.620
Glycine	g	1.170		0	0.332	5.307
Proline	g	0.947		0	0.268	4.296
Serine	g	0.820		0	0.232	3.720
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13028 Beef, brisket, flat half, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 31% Separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 225g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.90		1	132.53	50.06	
Energy	kcal	222		0	500	189	
Energy	kj	929		0	2090	790	
Protein (N x 5.95)	g	31.52	0.467	9	70.92	26.79	
Total lipid (fat)	g	9.70		1	21.82	8.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.067	9	2.48	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.186	9	11	4	
Iron	mg	2.84	0.149	10	6.39	2.41	
Magnesium	mg	25	0.361	9	56	21	
Phosphorus	mg	257		1	578	218	
Potassium	mg	298	6.045	9	671	253	
Sodium	mg	63	6.602	9	142	54	
Zinc	mg	6.36	0.499	8	14.31	5.41	
Copper	mg	0.124	0.005	8	0.279	0.105	
Manganese	mg	0.017		1	0.038	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.007	9	0.158	0.060	
Riboflavin	mg	0.220	0.010	9	0.495	0.187	
Niacin	mg	3.860	0.369	10	8.685	3.281	
Pantothenic acid	mg	0.370		1	0.833	0.315	
Vitamin B-6	mg	0.310		1	0.698	0.264	
Folate	µg	8	1.259	9	18	7	
Vitamin B-12	µg	2.63	0.453	10	5.92	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.170		0	7.133	2.694	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.240		8	0.540	0.204	
15.0	g						
16:0	g	1.970		8	4.433	1.674	
17:0	g						
18:0	g	0.960		8	2.160	0.816	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.330		0	9.742	3.681
14:1	g					
16:1	g	0.430		8	0.968	0.366
18:1	g	3.900		8	8.775	3.315
20:1	g	0.000		8	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.370		0	0.833	0.315
18:2	g	0.280		8	0.630	0.238
18:3	g	0.020		8	0.045	0.017
18:4	g					
20:4	g	0.060		8	0.135	0.051
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	95	2.511	7	214	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.353		0	0.794	0.300
Threonine	g	1.377		0	3.098	1.170
Isoleucine	g	1.417		0	3.188	1.204
Leucine	g	2.491		0	5.605	2.117
Lysine	g	2.622		0	5.899	2.229
Methionine	g	0.807		0	1.816	0.686
Cystine	g	0.353		0	0.794	0.300
Phenylalanine	g	1.230		0	2.768	1.045
Tyrosine	g	1.059		0	2.383	0.900
Valine	g	1.533		0	3.449	1.303
Arginine	g	1.992		0	4.482	1.693
Histidine	g	1.079		0	2.428	0.917
Alanine	g	1.901		0	4.277	1.616
Aspartic acid	g	2.880		0	6.480	2.448
Glutamic acid	g	4.735		0	10.654	4.025
Glycine	g	1.720		0	3.870	1.462
Proline	g	1.392		0	3.132	1.183
Serine	g	1.205		0	2.711	1.024
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13029 Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.50		0	15.17	242.68	
Energy	kcal	331		0	94	1501	
Energy	kj	1385		0	393	6282	
Protein (N x 5.95)	g	16.12		0	4.57	73.12	
Total lipid (fat)	g	29.09		0	8.25	131.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74		0	0.21	3.36	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.54		0	0.44	6.99	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	150		0	43	680	
Potassium	mg	231		0	65	1048	
Sodium	mg	65		0	18	295	
Zinc	mg	3.71		0	1.05	16.83	
Copper	mg	0.065		0	0.018	0.295	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.020	0.318	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.840		0	0.805	12.882	
Pantothenic acid	mg	0.270		0	0.077	1.225	
Vitamin B-6	mg	0.330		0	0.094	1.497	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.11		0	0.60	9.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.840		0	3.357	53.706	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.110		0	0.031	0.499	
12:0	g	0.080		0	0.023	0.363	
14:0	g	0.980		0	0.278	4.445	
15.0	g						
16:0	g	7.200		0	2.041	32.659	
17:0	g						
18:0	g	3.480		0	0.987	15.785	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.010	0	3.688	59.013
14:1	g				
16:1	g	1.570	0	0.445	7.122
18:1	g	11.400	0	3.232	51.710
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.000	0	0.284	4.536
18:2	g	0.610	0	0.173	2.767
18:3	g	0.370	0	0.105	1.678
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	22	345
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.181	0	0.051	0.821
Threonine	g	0.704	0	0.200	3.193
Isoleucine	g	0.725	0	0.206	3.289
Leucine	g	1.274	0	0.361	5.779
Lysine	g	1.341	0	0.380	6.083
Methionine	g	0.413	0	0.117	1.873
Cystine	g	0.181	0	0.051	0.821
Phenylalanine	g	0.629	0	0.178	2.853
Tyrosine	g	0.542	0	0.154	2.459
Valine	g	0.784	0	0.222	3.556
Arginine	g	1.019	0	0.289	4.622
Histidine	g	0.552	0	0.156	2.504
Alanine	g	0.972	0	0.276	4.409
Aspartic acid	g	1.473	0	0.418	6.682
Glutamic acid	g	2.422	0	0.687	10.986
Glycine	g	0.879	0	0.249	3.987
Proline	g	0.712	0	0.202	3.230
Serine	g	0.616	0	0.175	2.794
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13030 Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.41		0	142.38	36.90	
Energy	kcal	404		0	1325	343	
Energy	kj	1690		0	5543	1437	
Protein (N x 5.95)	g	22.13		0	72.59	18.81	
Total lipid (fat)	g	34.27		0	112.41	29.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	2.62	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	2.20		0	7.22	1.87	
Magnesium	mg	17		0	56	14	
Phosphorus	mg	175		0	574	149	
Potassium	mg	221		0	725	188	
Sodium	mg	65		0	213	55	
Zinc	mg	5.35		0	17.55	4.55	
Copper	mg	0.091		0	0.298	0.077	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.197	0.051	
Riboflavin	mg	0.180		0	0.590	0.153	
Niacin	mg	2.880		0	9.446	2.448	
Pantothenic acid	mg	0.280		0	0.918	0.238	
Vitamin B-6	mg	0.230		0	0.754	0.196	
Folate	µg	6		0	20	5	
Vitamin B-12	µg	2.25		0	7.38	1.91	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	13.580		0	44.542	11.543	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.328	0.085	
12:0	g	0.090		0	0.295	0.077	
14:0	g	1.140		0	3.739	0.969	
15.0	g						
16:0	g	8.440		0	27.683	7.174	
17:0	g						
18:0	g	3.810		0	12.497	3.239	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.210	0	49.889	12.929
14:1	g				
16:1	g	1.550	0	5.084	1.317
18:1	g	13.590	0	44.575	11.552
20:1	g	0.070	0	0.230	0.060
22.1	g				
Polyunsaturated, total	g	1.170	0	3.838	0.995
18:2	g	0.770	0	2.526	0.655
18:3	g	0.370	0	1.214	0.315
18:4	g				
20:4	g	0.030	0	0.098	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	302	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.813	0.211
Threonine	g	0.967	0	3.172	0.822
Isoleucine	g	0.995	0	3.264	0.846
Leucine	g	1.749	0	5.737	1.487
Lysine	g	1.842	0	6.042	1.566
Methionine	g	0.567	0	1.860	0.482
Cystine	g	0.248	0	0.813	0.211
Phenylalanine	g	0.864	0	2.834	0.734
Tyrosine	g	0.744	0	2.440	0.632
Valine	g	1.077	0	3.533	0.915
Arginine	g	1.399	0	4.589	1.189
Histidine	g	0.758	0	2.486	0.644
Alanine	g	1.335	0	4.379	1.135
Aspartic acid	g	2.022	0	6.632	1.719
Glutamic acid	g	3.325	0	10.906	2.826
Glycine	g	1.208	0	3.962	1.027
Proline	g	0.977	0	3.205	0.830
Serine	g	0.846	0	2.775	0.719
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13031 Beef, brisket, point half, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.90		1	19.82	317.07	
Energy	kcal	162		0	46	735	
Energy	kj	678		0	192	3075	
Protein (N x 5.95)	g	20.01	0.445	10	5.67	90.77	
Total lipid (fat)	g	8.50		1	2.41	38.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96	0.023	11	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.270	11	1	23	
Iron	mg	1.93	0.122	11	0.55	8.75	
Magnesium	mg	22	0.569	11	6	100	
Phosphorus	mg	191		1	54	866	
Potassium	mg	313	7.891	11	89	1420	
Sodium	mg	83	7.707	11	24	376	
Zinc	mg	5.05	0.318	8	1.43	22.91	
Copper	mg	0.081	0.003	8	0.023	0.367	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	10	0.026	0.408	
Riboflavin	mg	0.170	0.013	9	0.048	0.771	
Niacin	mg	3.540	0.194	10	1.004	16.057	
Pantothenic acid	mg	0.340		1	0.096	1.542	
Vitamin B-6	mg	0.410		1	0.116	1.860	
Folate	µg	7	0.866	10	2	32	
Vitamin B-12	µg	2.43	0.326	10	0.69	11.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.170		0	0.899	14.379	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		7	0.003	0.045	
12:0	g	0.010		7	0.003	0.045	
14:0	g	0.280		7	0.079	1.270	
15.0	g						
16:0	g	2.010		7	0.570	9.117	
17:0	g						
18:0	g	0.860		7	0.244	3.901	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.180		0	1.185	18.960
14:1	g					
16:1	g	0.430		7	0.122	1.950
18:1	g	3.740		7	1.060	16.965
20:1	g	0.010		7	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.230		0	0.065	1.043
18:2	g	0.180		7	0.051	0.816
18:3	g	0.020		7	0.006	0.091
18:4	g					
20:4	g	0.030		7	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	2.537	8	18	290
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.224		0	0.064	1.016
Threonine	g	0.874		0	0.248	3.964
Isoleucine	g	0.900		0	0.255	4.082
Leucine	g	1.582		0	0.448	7.176
Lysine	g	1.665		0	0.472	7.552
Methionine	g	0.512		0	0.145	2.322
Cystine	g	0.224		0	0.064	1.016
Phenylalanine	g	0.781		0	0.221	3.543
Tyrosine	g	0.672		0	0.191	3.048
Valine	g	0.973		0	0.276	4.414
Arginine	g	1.265		0	0.359	5.738
Histidine	g	0.685		0	0.194	3.107
Alanine	g	1.207		0	0.342	5.475
Aspartic acid	g	1.828		0	0.518	8.292
Glutamic acid	g	3.007		0	0.852	13.640
Glycine	g	1.092		0	0.310	4.953
Proline	g	0.884		0	0.251	4.010
Serine	g	0.765		0	0.217	3.470
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13032 Beef, brisket, point half, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 35% 1% connective tissue, 34% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 215g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.20		1	120.83	47.77	
Energy	kcal	261		0	561	222	
Energy	kj	1092		0	2348	928	
Protein (N x 5.95)	g	28.05	0.482	11	60.31	23.84	
Total lipid (fat)	g	15.70		1	33.76	13.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.069	10	2.11	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.377	10	13	5	
Iron	mg	2.79	0.134	9	6.00	2.37	
Magnesium	mg	22	0.813	10	47	19	
Phosphorus	mg	226		1	486	192	
Potassium	mg	273	8.141	10	587	232	
Sodium	mg	77	5.705	10	166	65	
Zinc	mg	7.39	0.326	8	15.89	6.28	
Copper	mg	0.115	0.006	8	0.247	0.098	
Manganese	mg	0.017		1	0.037	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.007	10	0.151	0.060	
Riboflavin	mg	0.230	0.014	9	0.495	0.196	
Niacin	mg	3.570	0.239	11	7.675	3.034	
Pantothenic acid	mg	0.340		1	0.731	0.289	
Vitamin B-6	mg	0.280		1	0.602	0.238	
Folate	µg	8	1.193	11	17	7	
Vitamin B-12	µg	2.58	0.424	11	5.55	2.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.890		0	12.663	5.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		8	0.022	0.009	
12:0	g	0.010		8	0.022	0.009	
14:0	g	0.510		8	1.097	0.434	
15.0	g						
16:0	g	3.630		8	7.804	3.086	
17:0	g						
18:0	g	1.720		8	3.698	1.462	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.350		0	15.803	6.247
14:1	g					
16:1	g	0.730		8	1.569	0.620
18:1	g	6.600		8	14.190	5.610
20:1	g	0.020		8	0.043	0.017
22.1	g					
Polyunsaturated, total	g	0.410		0	0.882	0.349
18:2	g	0.340		8	0.731	0.289
18:3	g	0.030		8	0.065	0.026
18:4	g					
20:4	g	0.040		8	0.086	0.034
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	91	1.930	8	196	77
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.675	0.267
Threonine	g	1.225		0	2.634	1.041
Isoleucine	g	1.261		0	2.711	1.072
Leucine	g	2.217		0	4.767	1.884
Lysine	g	2.334		0	5.018	1.984
Methionine	g	0.718		0	1.544	0.610
Cystine	g	0.314		0	0.675	0.267
Phenylalanine	g	1.095		0	2.354	0.931
Tyrosine	g	0.942		0	2.025	0.801
Valine	g	1.364		0	2.933	1.159
Arginine	g	1.773		0	3.812	1.507
Histidine	g	0.960		0	2.064	0.816
Alanine	g	1.692		0	3.638	1.438
Aspartic acid	g	2.563		0	5.510	2.179
Glutamic acid	g	4.214		0	9.060	3.582
Glycine	g	1.530		0	3.289	1.301
Proline	g	1.239		0	2.664	1.053
Serine	g	1.073		0	2.307	0.912
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13033 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.83		0	17.53	280.46	
Energy	kcal	245		0	69	1111	
Energy	kj	1025		0	291	4649	
Protein (N x 5.95)	g	18.52		0	5.25	84.01	
Total lipid (fat)	g	18.36		0	5.21	83.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.11		0	0.60	9.57	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	174		0	49	789	
Potassium	mg	308		0	87	1397	
Sodium	mg	59		0	17	268	
Zinc	mg	4.04		0	1.15	18.33	
Copper	mg	0.081		0	0.023	0.367	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.240		0	0.919	14.697	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.06		0	0.87	13.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.440		0	2.109	33.748	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.590		0	0.167	2.676	
15.0	g						
16:0	g	4.490		0	1.273	20.367	
17:0	g						
18:0	g	2.260		0	0.641	10.251	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.810	0	2.214	35.426
14:1	g				
16:1	g	0.940	0	0.266	4.264
18:1	g	6.850	0	1.942	31.072
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.710	0	0.201	3.221
18:2	g	0.450	0	0.128	2.041
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.059	0.939
Threonine	g	0.809	0	0.229	3.670
Isoleucine	g	0.833	0	0.236	3.778
Leucine	g	1.464	0	0.415	6.641
Lysine	g	1.541	0	0.437	6.990
Methionine	g	0.474	0	0.134	2.150
Cystine	g	0.207	0	0.059	0.939
Phenylalanine	g	0.723	0	0.205	3.280
Tyrosine	g	0.622	0	0.176	2.821
Valine	g	0.901	0	0.255	4.087
Arginine	g	1.171	0	0.332	5.312
Histidine	g	0.634	0	0.180	2.876
Alanine	g	1.117	0	0.317	5.067
Aspartic acid	g	1.692	0	0.480	7.675
Glutamic acid	g	2.783	0	0.789	12.624
Glycine	g	1.011	0	0.287	4.586
Proline	g	0.818	0	0.232	3.710
Serine	g	0.708	0	0.201	3.211
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13034 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.99		0	123.33	40.79	
Energy	kcal	332		0	853	282	
Energy	kj	1389		0	3570	1181	
Protein (N x 5.95)	g	27.43		0	70.50	23.32	
Total lipid (fat)	g	23.81		0	61.19	20.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	2.42	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	3.11		0	7.99	2.64	
Magnesium	mg	19		0	49	16	
Phosphorus	mg	220		0	565	187	
Potassium	mg	246		0	632	209	
Sodium	mg	60		0	154	51	
Zinc	mg	6.84		0	17.58	5.81	
Copper	mg	0.134		0	0.344	0.114	
Manganese	mg	0.016		0	0.041	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.180	0.060	
Riboflavin	mg	0.240		0	0.617	0.204	
Niacin	mg	3.180		0	8.173	2.703	
Pantothenic acid	mg	0.330		0	0.848	0.281	
Vitamin B-6	mg	0.280		0	0.720	0.238	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	2.95		0	7.58	2.51	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.565	0.187	
Lipids:							
Saturated, total	g	9.380		0	24.107	7.973	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.180	0.060	
12:0	g	0.070		0	0.180	0.060	
14:0	g	0.750		0	1.928	0.637	
15.0	g						
16:0	g	5.800		0	14.906	4.930	
17:0	g						
18:0	g	2.700		0	6.939	2.295	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.210	0	26.240	8.678
14:1	g				
16:1	g	1.020	0	2.621	0.867
18:1	g	9.160	0	23.541	7.786
20:1	g	0.040	0	0.103	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.910	0	2.339	0.774
18:2	g	0.600	0	1.542	0.510
18:3	g	0.280	0	0.720	0.238
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.077	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	0	254	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.307	0	0.789	0.261
Threonine	g	1.198	0	3.079	1.018
Isoleucine	g	1.233	0	3.169	1.048
Leucine	g	2.168	0	5.572	1.843
Lysine	g	2.282	0	5.865	1.940
Methionine	g	0.702	0	1.804	0.597
Cystine	g	0.307	0	0.789	0.261
Phenylalanine	g	1.071	0	2.752	0.910
Tyrosine	g	0.922	0	2.370	0.784
Valine	g	1.334	0	3.428	1.134
Arginine	g	1.733	0	4.454	1.473
Histidine	g	0.939	0	2.413	0.798
Alanine	g	1.654	0	4.251	1.406
Aspartic acid	g	2.506	0	6.440	2.130
Glutamic acid	g	4.121	0	10.591	3.503
Glycine	g	1.496	0	3.845	1.272
Proline	g	1.211	0	3.112	1.029
Serine	g	1.049	0	2.696	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13035 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.07		0	17.31	277.01	
Energy	kcal	255		0	72	1157	
Energy	kj	1067		0	302	4840	
Protein (N x 5.95)	g	18.39		0	5.21	83.42	
Total lipid (fat)	g	19.57		0	5.55	88.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	3.99	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.09		0	0.59	9.48	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	173		0	49	785	
Potassium	mg	305		0	86	1383	
Sodium	mg	59		0	17	268	
Zinc	mg	4.00		0	1.13	18.14	
Copper	mg	0.081		0	0.023	0.367	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.220		0	0.913	14.606	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.04		0	0.86	13.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.920		0	2.245	35.925	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.620		0	0.176	2.812	
15.0	g						
16:0	g	4.780		0	1.355	21.682	
17:0	g						
18:0	g	2.400		0	0.680	10.886	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.310	0	2.356	37.694
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	7.290	0	2.067	33.067
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.760	0	0.215	3.447
18:2	g	0.490	0	0.139	2.223
18:3	g	0.250	0	0.071	1.134
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	20	313
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.206	0	0.058	0.934
Threonine	g	0.803	0	0.228	3.642
Isoleucine	g	0.827	0	0.234	3.751
Leucine	g	1.454	0	0.412	6.595
Lysine	g	1.530	0	0.434	6.940
Methionine	g	0.471	0	0.134	2.136
Cystine	g	0.206	0	0.058	0.934
Phenylalanine	g	0.718	0	0.204	3.257
Tyrosine	g	0.618	0	0.175	2.803
Valine	g	0.895	0	0.254	4.060
Arginine	g	1.162	0	0.329	5.271
Histidine	g	0.630	0	0.179	2.858
Alanine	g	1.109	0	0.314	5.030
Aspartic acid	g	1.680	0	0.476	7.620
Glutamic acid	g	2.763	0	0.783	12.533
Glycine	g	1.003	0	0.284	4.550
Proline	g	0.812	0	0.230	3.683
Serine	g	0.703	0	0.199	3.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13036 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.85		0	120.40	39.82	
Energy	kcal	348		0	894	296	
Energy	kj	1456		0	3742	1238	
Protein (N x 5.95)	g	26.98		0	69.34	22.93	
Total lipid (fat)	g	25.78		0	66.25	21.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	2.39	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	3.05		0	7.84	2.59	
Magnesium	mg	19		0	49	16	
Phosphorus	mg	216		0	555	184	
Potassium	mg	243		0	625	207	
Sodium	mg	59		0	152	50	
Zinc	mg	6.70		0	17.22	5.70	
Copper	mg	0.132		0	0.339	0.112	
Manganese	mg	0.016		0	0.041	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.180	0.060	
Riboflavin	mg	0.240		0	0.617	0.204	
Niacin	mg	3.130		0	8.044	2.661	
Pantothenic acid	mg	0.320		0	0.822	0.272	
Vitamin B-6	mg	0.280		0	0.720	0.238	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	2.92		0	7.50	2.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.591	0.196	
Lipids:							
Saturated, total	g	10.160		0	26.111	8.636	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.180	0.060	
12:0	g	0.070		0	0.180	0.060	
14:0	g	0.810		0	2.082	0.689	
15.0	g						
16:0	g	6.270		0	16.114	5.329	
17:0	g						
18:0	g	2.930		0	7.530	2.490	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.060	0	28.424	9.401
14:1	g				
16:1	g	1.100	0	2.827	0.935
18:1	g	9.910	0	25.469	8.424
20:1	g	0.050	0	0.129	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.980	0	2.519	0.833
18:2	g	0.650	0	1.671	0.553
18:3	g	0.300	0	0.771	0.255
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.077	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	0	254	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.776	0.257
Threonine	g	1.178	0	3.027	1.001
Isoleucine	g	1.213	0	3.117	1.031
Leucine	g	2.132	0	5.479	1.812
Lysine	g	2.245	0	5.770	1.908
Methionine	g	0.691	0	1.776	0.587
Cystine	g	0.302	0	0.776	0.257
Phenylalanine	g	1.053	0	2.706	0.895
Tyrosine	g	0.906	0	2.328	0.770
Valine	g	1.312	0	3.372	1.115
Arginine	g	1.705	0	4.382	1.449
Histidine	g	0.924	0	2.375	0.785
Alanine	g	1.627	0	4.181	1.383
Aspartic acid	g	2.465	0	6.335	2.095
Glutamic acid	g	4.053	0	10.416	3.445
Glycine	g	1.472	0	3.783	1.251
Proline	g	1.191	0	3.061	1.012
Serine	g	1.032	0	2.652	0.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13037 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.60		0	17.75	283.95	
Energy	kcal	234		0	66	1061	
Energy	kj	979		0	278	4441	
Protein (N x 5.95)	g	18.65		0	5.29	84.60	
Total lipid (fat)	g	17.06		0	4.84	77.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	0.26	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.13		0	0.60	9.66	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	175		0	50	794	
Potassium	mg	311		0	88	1411	
Sodium	mg	59		0	17	268	
Zinc	mg	4.08		0	1.16	18.51	
Copper	mg	0.082		0	0.023	0.372	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.270		0	0.927	14.833	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.390		0	0.111	1.769	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.08		0	0.87	13.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.930		0	1.965	31.434	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.550		0	0.156	2.495	
15.0	g						
16:0	g	4.180		0	1.185	18.960	
17:0	g						
18:0	g	2.100		0	0.595	9.526	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.280	0	2.064	33.022
14:1	g				
16:1	g	0.880	0	0.249	3.992
18:1	g	6.370	0	1.806	28.894
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.660	0	0.187	2.994
18:2	g	0.410	0	0.116	1.860
18:3	g	0.230	0	0.065	1.043
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.209	0	0.059	0.948
Threonine	g	0.815	0	0.231	3.697
Isoleucine	g	0.839	0	0.238	3.806
Leucine	g	1.474	0	0.418	6.686
Lysine	g	1.552	0	0.440	7.040
Methionine	g	0.478	0	0.136	2.168
Cystine	g	0.209	0	0.059	0.948
Phenylalanine	g	0.728	0	0.206	3.302
Tyrosine	g	0.627	0	0.178	2.844
Valine	g	0.907	0	0.257	4.114
Arginine	g	1.179	0	0.334	5.348
Histidine	g	0.639	0	0.181	2.899
Alanine	g	1.125	0	0.319	5.103
Aspartic acid	g	1.704	0	0.483	7.729
Glutamic acid	g	2.802	0	0.794	12.710
Glycine	g	1.018	0	0.289	4.618
Proline	g	0.824	0	0.234	3.738
Serine	g	0.713	0	0.202	3.234
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13038 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Refuse: 2% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.24		0	125.07	41.85	
Energy	kcal	315		0	800	268	
Energy	kj	1318		0	3348	1120	
Protein (N x 5.95)	g	27.87		0	70.79	23.69	
Total lipid (fat)	g	21.72		0	55.17	18.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	2.44	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25	9	
Iron	mg	3.16		0	8.03	2.69	
Magnesium	mg	20		0	51	17	
Phosphorus	mg	224		0	569	190	
Potassium	mg	250		0	635	213	
Sodium	mg	60		0	152	51	
Zinc	mg	6.99		0	17.75	5.94	
Copper	mg	0.137		0	0.348	0.116	
Manganese	mg	0.016		0	0.041	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.178	0.060	
Riboflavin	mg	0.240		0	0.610	0.204	
Niacin	mg	3.220		0	8.179	2.737	
Pantothenic acid	mg	0.330		0	0.838	0.281	
Vitamin B-6	mg	0.290		0	0.737	0.247	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	2.99		0	7.59	2.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.533	0.179	
Lipids:							
Saturated, total	g	8.570		0	21.768	7.285	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.152	0.051	
12:0	g	0.060		0	0.152	0.051	
14:0	g	0.680		0	1.727	0.578	
15.0	g						
16:0	g	5.290		0	13.437	4.497	
17:0	g						
18:0	g	2.460		0	6.248	2.091	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.320	0	23.673	7.922
14:1	g				
16:1	g	0.930	0	2.362	0.791
18:1	g	8.350	0	21.209	7.098
20:1	g	0.040	0	0.102	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.830	0	2.108	0.706
18:2	g	0.540	0	1.372	0.459
18:3	g	0.260	0	0.660	0.221
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.076	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	100	0	254	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	0.792	0.265
Threonine	g	1.218	0	3.094	1.035
Isoleucine	g	1.253	0	3.183	1.065
Leucine	g	2.203	0	5.596	1.873
Lysine	g	2.319	0	5.890	1.971
Methionine	g	0.714	0	1.814	0.607
Cystine	g	0.312	0	0.792	0.265
Phenylalanine	g	1.088	0	2.764	0.925
Tyrosine	g	0.937	0	2.380	0.796
Valine	g	1.356	0	3.444	1.153
Arginine	g	1.762	0	4.475	1.498
Histidine	g	0.954	0	2.423	0.811
Alanine	g	1.681	0	4.270	1.429
Aspartic acid	g	2.547	0	6.469	2.165
Glutamic acid	g	4.188	0	10.638	3.560
Glycine	g	1.521	0	3.863	1.293
Proline	g	1.231	0	3.127	1.046
Serine	g	1.066	0	2.708	0.906
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13041 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 33% Bone 15%, separable fat 18%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.90		1	20.67	330.67	
Energy	kcal	130		0	37	590	
Energy	kj	544		0	154	2468	
Protein (N x 5.95)	g	21.26	0.247	24	6.03	96.44	
Total lipid (fat)	g	4.40		1	1.25	19.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.017	19	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.552	10	2	27	
Iron	mg	2.47	0.065	47	0.70	11.20	
Magnesium	mg	24	0.445	19	7	109	
Phosphorus	mg	202	6.002	9	57	916	
Potassium	mg	372	4.447	71	105	1687	
Sodium	mg	67	3.255	35	19	304	
Zinc	mg	4.85	0.152	18	1.37	22.00	
Copper	mg	0.094	0.004	17	0.027	0.426	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg	16.6	0.977	31	4.7	75.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.007	23	0.037	0.590	
Riboflavin	mg	0.210	0.007	22	0.060	0.953	
Niacin	mg	3.730	0.243	23	1.057	16.919	
Pantothenic acid	mg	0.350	0.027	4	0.099	1.588	
Vitamin B-6	mg	0.440	0.027	4	0.125	1.996	
Folate	µg	8	1.244	14	2	36	
Vitamin B-12	µg	3.48	0.298	23	0.99	15.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.590		0	0.451	7.212	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		59	0.000	0.000	
12:0	g	0.000		59	0.000	0.000	
14:0	g	0.110		59	0.031	0.499	
15.0	g						
16:0	g	0.970		59	0.275	4.400	
17:0	g						
18:0	g	0.520		59	0.147	2.359	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.660		0	0.471	7.530
14:1	g					
16:1	g	0.160		59	0.045	0.726
18:1	g	1.500		59	0.425	6.804
20:1	g	0.000		59	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.220		0	0.062	0.998
18:2	g	0.180		59	0.051	0.816
18:3	g	0.020		59	0.006	0.091
18:4	g					
20:4	g	0.030		59	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60	1.522	18	17	272
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.238		0	0.067	1.080
Threonine	g	0.929		0	0.263	4.214
Isoleucine	g	0.956		0	0.271	4.336
Leucine	g	1.681		0	0.477	7.625
Lysine	g	1.769		0	0.502	8.024
Methionine	g	0.544		0	0.154	2.468
Cystine	g	0.238		0	0.067	1.080
Phenylalanine	g	0.830		0	0.235	3.765
Tyrosine	g	0.714		0	0.202	3.239
Valine	g	1.034		0	0.293	4.690
Arginine	g	1.344		0	0.381	6.096
Histidine	g	0.728		0	0.206	3.302
Alanine	g	1.283		0	0.364	5.820
Aspartic acid	g	1.943		0	0.551	8.813
Glutamic acid	g	3.194		0	0.905	14.488
Glycine	g	1.160		0	0.329	5.262
Proline	g	0.939		0	0.266	4.259
Serine	g	0.813		0	0.230	3.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13042 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 39% 19% bone, 20% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.80		1	112.13	49.13	
Energy	kcal	216		0	419	184	
Energy	kj	904		0	1754	768	
Protein (N x 5.95)	g	33.02	0.480	16	64.06	28.07	
Total lipid (fat)	g	8.30		1	16.10	7.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.031	15	2.15	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.726	9	17	8	
Iron	mg	3.79	0.181	9	7.35	3.22	
Magnesium	mg	24	0.511	9	47	20	
Phosphorus	mg	268		1	520	228	
Potassium	mg	289	4.146	9	561	246	
Sodium	mg	66	6.606	9	128	56	
Zinc	mg	8.66	0.349	8	16.80	7.36	
Copper	mg	0.164	0.013	8	0.318	0.139	
Manganese	mg	0.019		1	0.037	0.016	
Selenium	µg	26.7	2.200	7	51.8	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.004	14	0.155	0.068	
Riboflavin	mg	0.290	0.014	12	0.563	0.247	
Niacin	mg	3.720	0.327	14	7.217	3.162	
Pantothenic acid	mg	0.380	0.033	4	0.737	0.323	
Vitamin B-6	mg	0.330	0.017	4	0.640	0.281	
Folate	µg	11	2.071	14	21	9	
Vitamin B-12	µg	3.40	0.500	15	6.60	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.272	0.119	
Lipids:							
Saturated, total	g	3.010		0	5.839	2.559	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		9	0.000	0.000	
12:0	g	0.010		9	0.019	0.009	
14:0	g	0.220		9	0.427	0.187	
15.0	g						
16:0	g	1.810		9	3.511	1.539	
17:0	g						
18:0	g	0.980		9	1.901	0.833	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.470		0	6.732	2.950
14:1	g					
16:1	g	0.310		9	0.601	0.264
18:1	g	3.160		9	6.130	2.686
20:1	g	0.000		9	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.320		0	0.621	0.272
18:2	g	0.260		9	0.504	0.221
18:3	g	0.020		9	0.039	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		9	0.078	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	101	1.572	8	196	86
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.370		0	0.718	0.315
Threonine	g	1.442		0	2.797	1.226
Isoleucine	g	1.485		0	2.881	1.262
Leucine	g	2.610		0	5.063	2.219
Lysine	g	2.747		0	5.329	2.335
Methionine	g	0.845		0	1.639	0.718
Cystine	g	0.370		0	0.718	0.315
Phenylalanine	g	1.289		0	2.501	1.096
Tyrosine	g	1.109		0	2.151	0.943
Valine	g	1.606		0	3.116	1.365
Arginine	g	2.087		0	4.049	1.774
Histidine	g	1.131		0	2.194	0.961
Alanine	g	1.992		0	3.864	1.693
Aspartic acid	g	3.017		0	5.853	2.564
Glutamic acid	g	4.961		0	9.624	4.217
Glycine	g	1.802		0	3.496	1.532
Proline	g	1.458		0	2.829	1.239
Serine	g	1.263		0	2.450	1.074
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13043 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 34% Bone 15%, separable fat 19%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.60		1	20.58	329.31	
Energy	kcal	137		0	39	621	
Energy	kj	573		0	162	2599	
Protein (N x 5.95)	g	21.26		1	6.03	96.44	
Total lipid (fat)	g	5.10		1	1.45	23.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		1	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	27	
Iron	mg	2.47		1	0.70	11.20	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	202		1	57	916	
Potassium	mg	372		1	105	1687	
Sodium	mg	67		1	19	304	
Zinc	mg	4.85		1	1.37	22.00	
Copper	mg	0.094		1	0.027	0.426	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.037	0.590	
Riboflavin	mg	0.210		1	0.060	0.953	
Niacin	mg	3.730		1	1.057	16.919	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.48		1	0.99	15.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	1.840		0	0.522	8.346	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		59	0.000	0.000	
12:0	g	0.000		59	0.000	0.000	
14:0	g	0.120		59	0.034	0.544	
15.0	g						
16:0	g	1.120		59	0.318	5.080	
17:0	g						
18:0	g	0.600		59	0.170	2.722	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.930	0	0.547	8.754
14:1	g				
16:1	g	0.190	59	0.054	0.862
18:1	g	1.740	59	0.493	7.893
20:1	g	0.000	59	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.074	1.179
18:2	g	0.210	59	0.060	0.953
18:3	g	0.020	59	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	59	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	60	1	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.238	0	0.067	1.080
Threonine	g	0.929	0	0.263	4.214
Isoleucine	g	0.956	0	0.271	4.336
Leucine	g	1.681	0	0.477	7.625
Lysine	g	1.769	0	0.502	8.024
Methionine	g	0.544	0	0.154	2.468
Cystine	g	0.238	0	0.067	1.080
Phenylalanine	g	0.830	0	0.235	3.765
Tyrosine	g	0.714	0	0.202	3.239
Valine	g	1.034	0	0.293	4.690
Arginine	g	1.344	0	0.381	6.096
Histidine	g	0.728	0	0.206	3.302
Alanine	g	1.283	0	0.364	5.820
Aspartic acid	g	1.943	0	0.551	8.813
Glutamic acid	g	3.194	0	0.905	14.488
Glycine	g	1.160	0	0.329	5.262
Proline	g	0.939	0	0.266	4.259
Serine	g	0.813	0	0.230	3.688
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13044 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 41% 19% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 187g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.30		0	107.15	48.70	
Energy	kcal	225		0	421	191	
Energy	kj	941		0	1760	800	
Protein (N x 5.95)	g	33.02		0	61.75	28.07	
Total lipid (fat)	g	9.30		0	17.39	7.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	2.08	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	17	8	
Iron	mg	3.79		0	7.09	3.22	
Magnesium	mg	24		0	45	20	
Phosphorus	mg	268		0	501	228	
Potassium	mg	289		0	540	246	
Sodium	mg	66		0	123	56	
Zinc	mg	8.66		0	16.19	7.36	
Copper	mg	0.164		0	0.307	0.139	
Manganese	mg	0.019		0	0.036	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.150	0.068	
Riboflavin	mg	0.290		0	0.542	0.247	
Niacin	mg	3.720		0	6.956	3.162	
Pantothenic acid	mg	0.380		0	0.711	0.323	
Vitamin B-6	mg	0.330		0	0.617	0.281	
Folate	µg	11		0	21	9	
Vitamin B-12	µg	3.40		0	6.36	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.262	0.119	
Lipids:							
Saturated, total	g	3.370		0	6.302	2.865	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.019	0.009	
14:0	g	0.240		0	0.449	0.204	
15.0	g						
16:0	g	2.020		0	3.777	1.717	
17:0	g						
18:0	g	1.100		0	2.057	0.935	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.890	0	7.274	3.307
14:1	g				
16:1	g	0.340	0	0.636	0.289
18:1	g	3.540	0	6.620	3.009
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.360	0	0.673	0.306
18:2	g	0.290	0	0.542	0.247
18:3	g	0.030	0	0.056	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.094	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	101	0	189	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.370	0	0.692	0.315
Threonine	g	1.442	0	2.697	1.226
Isoleucine	g	1.485	0	2.777	1.262
Leucine	g	2.610	0	4.881	2.219
Lysine	g	2.747	0	5.137	2.335
Methionine	g	0.845	0	1.580	0.718
Cystine	g	0.370	0	0.692	0.315
Phenylalanine	g	1.289	0	2.410	1.096
Tyrosine	g	1.109	0	2.074	0.943
Valine	g	1.606	0	3.003	1.365
Arginine	g	2.087	0	3.903	1.774
Histidine	g	1.131	0	2.115	0.961
Alanine	g	1.992	0	3.725	1.693
Aspartic acid	g	3.017	0	5.642	2.564
Glutamic acid	g	4.961	0	9.277	4.217
Glycine	g	1.802	0	3.370	1.532
Proline	g	1.458	0	2.726	1.239
Serine	g	1.263	0	2.362	1.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13045 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 32% Bone 16%, separable fat 16%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.20		1	20.75	332.04	
Energy	kcal	123		0	35	558	
Energy	kj	515		0	146	2336	
Protein (N x 5.95)	g	21.26		1	6.03	96.44	
Total lipid (fat)	g	3.60		1	1.02	16.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		1	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	27	
Iron	mg	2.47		1	0.70	11.20	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	202		1	57	916	
Potassium	mg	372		1	105	1687	
Sodium	mg	67		1	19	304	
Zinc	mg	4.85		1	1.37	22.00	
Copper	mg	0.094		1	0.027	0.426	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.037	0.590	
Riboflavin	mg	0.210		1	0.060	0.953	
Niacin	mg	3.730		1	1.057	16.919	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.48		1	0.99	15.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.300		0	0.369	5.897	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		59	0.000	0.000	
12:0	g	0.000		59	0.000	0.000	
14:0	g	0.090		59	0.026	0.408	
15.0	g						
16:0	g	0.790		59	0.224	3.583	
17:0	g						
18:0	g	0.420		59	0.119	1.905	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360	0	0.386	6.169
14:1	g				
16:1	g	0.130	59	0.037	0.590
18:1	g	1.230	59	0.349	5.579
20:1	g	0.000	59	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.180	0	0.051	0.816
18:2	g	0.150	59	0.043	0.680
18:3	g	0.010	59	0.003	0.045
18:4	g				
20:4	g	0.020	59	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	1	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.238	0	0.067	1.080
Threonine	g	0.929	0	0.263	4.214
Isoleucine	g	0.956	0	0.271	4.336
Leucine	g	1.681	0	0.477	7.625
Lysine	g	1.769	0	0.502	8.024
Methionine	g	0.544	0	0.154	2.468
Cystine	g	0.238	0	0.067	1.080
Phenylalanine	g	0.830	0	0.235	3.765
Tyrosine	g	0.714	0	0.202	3.239
Valine	g	1.034	0	0.293	4.690
Arginine	g	1.344	0	0.381	6.096
Histidine	g	0.728	0	0.206	3.302
Alanine	g	1.283	0	0.364	5.820
Aspartic acid	g	1.943	0	0.551	8.813
Glutamic acid	g	3.194	0	0.905	14.488
Glycine	g	1.160	0	0.329	5.262
Proline	g	0.939	0	0.266	4.259
Serine	g	0.813	0	0.230	3.688
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13046 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Refuse: 38% 20% bone, 18% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.40		0	115.05	49.64	
Energy	kcal	206		0	406	175	
Energy	kj	862		0	1698	733	
Protein (N x 5.95)	g	33.02		0	65.05	28.07	
Total lipid (fat)	g	7.20		0	14.18	6.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	2.19	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	18	8	
Iron	mg	3.79		0	7.47	3.22	
Magnesium	mg	24		0	47	20	
Phosphorus	mg	268		0	528	228	
Potassium	mg	289		0	569	246	
Sodium	mg	66		0	130	56	
Zinc	mg	8.66		0	17.06	7.36	
Copper	mg	0.164		0	0.323	0.139	
Manganese	mg	0.019		0	0.037	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.158	0.068	
Riboflavin	mg	0.290		0	0.571	0.247	
Niacin	mg	3.720		0	7.328	3.162	
Pantothenic acid	mg	0.380		0	0.749	0.323	
Vitamin B-6	mg	0.330		0	0.650	0.281	
Folate	µg	11		0	22	9	
Vitamin B-12	µg	3.40		0	6.70	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.276	0.119	
Lipids:							
Saturated, total	g	2.610		0	5.142	2.219	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.190		0	0.374	0.161	
15.0	g						
16:0	g	1.570		0	3.093	1.335	
17:0	g						
18:0	g	0.850		0	1.674	0.723	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.010	0	5.930	2.559
14:1	g				
16:1	g	0.270	0	0.532	0.230
18:1	g	2.740	0	5.398	2.329
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.280	0	0.552	0.238
18:2	g	0.220	0	0.433	0.187
18:3	g	0.020	0	0.039	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.079	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	101	0	199	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.370	0	0.729	0.315
Threonine	g	1.442	0	2.841	1.226
Isoleucine	g	1.485	0	2.925	1.262
Leucine	g	2.610	0	5.142	2.219
Lysine	g	2.747	0	5.412	2.335
Methionine	g	0.845	0	1.665	0.718
Cystine	g	0.370	0	0.729	0.315
Phenylalanine	g	1.289	0	2.539	1.096
Tyrosine	g	1.109	0	2.185	0.943
Valine	g	1.606	0	3.164	1.365
Arginine	g	2.087	0	4.111	1.774
Histidine	g	1.131	0	2.228	0.961
Alanine	g	1.992	0	3.924	1.693
Aspartic acid	g	3.017	0	5.943	2.564
Glutamic acid	g	4.961	0	9.773	4.217
Glycine	g	1.802	0	3.550	1.532
Proline	g	1.458	0	2.872	1.239
Serine	g	1.263	0	2.488	1.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13049 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.68		0	17.20	275.24	
Energy	kcal	254		0	72	1152	
Energy	kj	1063		0	301	4822	
Protein (N x 5.95)	g	17.04		0	4.83	77.29	
Total lipid (fat)	g	20.10		0	5.70	91.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82		0	0.23	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.02		0	0.57	9.16	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	161		0	46	730	
Potassium	mg	268		0	76	1216	
Sodium	mg	67		0	19	304	
Zinc	mg	4.93		0	1.40	22.36	
Copper	mg	0.072		0	0.020	0.327	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	2.170		0	0.615	9.843	
Pantothenic acid	mg	0.290		0	0.082	1.315	
Vitamin B-6	mg	0.350		0	0.099	1.588	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	3.37		0	0.96	15.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.110		0	2.299	36.787	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.640		0	0.181	2.903	
15.0	g						
16:0	g	4.870		0	1.381	22.090	
17:0	g						
18:0	g	2.490		0	0.706	11.295	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.820	0	2.500	40.008
14:1	g				
16:1	g	0.990	0	0.281	4.491
18:1	g	7.800	0	2.211	35.381
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.730	0	0.207	3.311
18:2	g	0.480	0	0.136	2.177
18:3	g	0.230	0	0.065	1.043
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.191	0	0.054	0.866
Threonine	g	0.744	0	0.211	3.375
Isoleucine	g	0.766	0	0.217	3.475
Leucine	g	1.347	0	0.382	6.110
Lysine	g	1.418	0	0.402	6.432
Methionine	g	0.436	0	0.124	1.978
Cystine	g	0.191	0	0.054	0.866
Phenylalanine	g	0.665	0	0.189	3.016
Tyrosine	g	0.573	0	0.162	2.599
Valine	g	0.829	0	0.235	3.760
Arginine	g	1.077	0	0.305	4.885
Histidine	g	0.584	0	0.166	2.649
Alanine	g	1.028	0	0.291	4.663
Aspartic acid	g	1.557	0	0.441	7.063
Glutamic acid	g	2.560	0	0.726	11.612
Glycine	g	0.930	0	0.264	4.218
Proline	g	0.753	0	0.213	3.416
Serine	g	0.652	0	0.185	2.957
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13050 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.30		0	117.30	40.20	
Energy	kcal	345		0	856	293	
Energy	kj	1443		0	3579	1227	
Protein (N x 5.95)	g	26.57		0	65.89	22.58	
Total lipid (fat)	g	25.69		0	63.71	21.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	2.16	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.10		0	7.69	2.63	
Magnesium	mg	19		0	47	16	
Phosphorus	mg	200		0	496	170	
Potassium	mg	231		0	573	196	
Sodium	mg	64		0	159	54	
Zinc	mg	8.32		0	20.63	7.07	
Copper	mg	0.125		0	0.310	0.106	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.174	0.060	
Riboflavin	mg	0.240		0	0.595	0.204	
Niacin	mg	2.420		0	6.002	2.057	
Pantothenic acid	mg	0.310		0	0.769	0.264	
Vitamin B-6	mg	0.260		0	0.645	0.221	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.28		0	5.65	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.496	0.170	
Lipids:							
Saturated, total	g	10.230		0	25.370	8.696	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.174	0.060	
12:0	g	0.060		0	0.149	0.051	
14:0	g	0.820		0	2.034	0.697	
15.0	g						
16:0	g	6.230		0	15.450	5.296	
17:0	g						
18:0	g	3.060		0	7.589	2.601	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.100	0	27.528	9.435
14:1	g				
16:1	g	1.050	0	2.604	0.893
18:1	g	10.010	0	24.825	8.508
20:1	g	0.040	0	0.099	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.920	0	2.282	0.782
18:2	g	0.630	0	1.562	0.536
18:3	g	0.260	0	0.645	0.221
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.074	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	104	0	258	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.739	0.253
Threonine	g	1.161	0	2.879	0.987
Isoleucine	g	1.195	0	2.964	1.016
Leucine	g	2.100	0	5.208	1.785
Lysine	g	2.211	0	5.483	1.879
Methionine	g	0.680	0	1.686	0.578
Cystine	g	0.298	0	0.739	0.253
Phenylalanine	g	1.037	0	2.572	0.881
Tyrosine	g	0.893	0	2.215	0.759
Valine	g	1.292	0	3.204	1.098
Arginine	g	1.679	0	4.164	1.427
Histidine	g	0.910	0	2.257	0.774
Alanine	g	1.603	0	3.975	1.363
Aspartic acid	g	2.428	0	6.021	2.064
Glutamic acid	g	3.992	0	9.900	3.393
Glycine	g	1.450	0	3.596	1.232
Proline	g	1.173	0	2.909	0.997
Serine	g	1.016	0	2.520	0.864
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13051 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	59.20		0	16.78	268.53	
Energy	kcal	272		0	77	1234	
Energy	kj	1138		0	323	5162	
Protein (N x 5.95)	g	16.82		0	4.77	76.30	
Total lipid (fat)	g	22.23		0	6.30	100.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	0.23	3.63	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.99		0	0.56	9.03	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	158		0	45	717	
Potassium	mg	263		0	75	1193	
Sodium	mg	66		0	19	299	
Zinc	mg	4.83		0	1.37	21.91	
Copper	mg	0.071		0	0.020	0.322	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	2.150		0	0.610	9.752	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.350		0	0.099	1.588	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	3.32		0	0.94	15.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.189		0	0.054	0.857	
Lipids:							
Saturated, total	g	8.970		0	2.543	40.688	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.710		0	0.201	3.221	
15.0	g						
16:0	g	5.380		0	1.525	24.404	
17:0	g						
18:0	g	2.760		0	0.782	12.519	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.750	0	2.764	44.226
14:1	g				
16:1	g	1.100	0	0.312	4.990
18:1	g	8.630	0	2.447	39.146
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.810	0	0.230	3.674
18:2	g	0.530	0	0.150	2.404
18:3	g	0.250	0	0.071	1.134
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.188	0	0.053	0.853
Threonine	g	0.735	0	0.208	3.334
Isoleucine	g	0.756	0	0.214	3.429
Leucine	g	1.330	0	0.377	6.033
Lysine	g	1.400	0	0.397	6.350
Methionine	g	0.431	0	0.122	1.955
Cystine	g	0.188	0	0.053	0.853
Phenylalanine	g	0.657	0	0.186	2.980
Tyrosine	g	0.565	0	0.160	2.563
Valine	g	0.818	0	0.232	3.710
Arginine	g	1.063	0	0.301	4.822
Histidine	g	0.576	0	0.163	2.613
Alanine	g	1.015	0	0.288	4.604
Aspartic acid	g	1.537	0	0.436	6.972
Glutamic acid	g	2.527	0	0.716	11.462
Glycine	g	0.918	0	0.260	4.164
Proline	g	0.743	0	0.211	3.370
Serine	g	0.643	0	0.182	2.917
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.96		0	113.98	39.07	
Energy	kcal	363		0	900	309	
Energy	kj	1519		0	3767	1291	
Protein (N x 5.95)	g	26.16		0	64.88	22.24	
Total lipid (fat)	g	27.82		0	68.99	23.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	2.13	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.05		0	7.56	2.59	
Magnesium	mg	19		0	47	16	
Phosphorus	mg	197		0	489	167	
Potassium	mg	228		0	565	194	
Sodium	mg	64		0	159	54	
Zinc	mg	8.14		0	20.19	6.92	
Copper	mg	0.123		0	0.305	0.105	
Manganese	mg	0.015		0	0.037	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.174	0.060	
Riboflavin	mg	0.240		0	0.595	0.204	
Niacin	mg	2.400		0	5.952	2.040	
Pantothenic acid	mg	0.300		0	0.744	0.255	
Vitamin B-6	mg	0.250		0	0.620	0.213	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.27		0	5.63	1.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.570	0.196	
Lipids:							
Saturated, total	g	11.080		0	27.478	9.418	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.174	0.060	
12:0	g	0.070		0	0.174	0.060	
14:0	g	0.890		0	2.207	0.757	
15.0	g						
16:0	g	6.750		0	16.740	5.737	
17:0	g						
18:0	g	3.310		0	8.209	2.814	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.030	0	29.834	10.226
14:1	g				
16:1	g	1.130	0	2.802	0.961
18:1	g	10.840	0	26.883	9.214
20:1	g	0.050	0	0.124	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.000	0	2.480	0.850
18:2	g	0.680	0	1.686	0.578
18:3	g	0.280	0	0.694	0.238
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.099	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	103	0	255	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.293	0	0.727	0.249
Threonine	g	1.143	0	2.835	0.972
Isoleucine	g	1.176	0	2.916	1.000
Leucine	g	2.068	0	5.129	1.758
Lysine	g	2.177	0	5.399	1.850
Methionine	g	0.670	0	1.662	0.570
Cystine	g	0.293	0	0.727	0.249
Phenylalanine	g	1.021	0	2.532	0.868
Tyrosine	g	0.879	0	2.180	0.747
Valine	g	1.273	0	3.157	1.082
Arginine	g	1.654	0	4.102	1.406
Histidine	g	0.896	0	2.222	0.762
Alanine	g	1.578	0	3.913	1.341
Aspartic acid	g	2.390	0	5.927	2.031
Glutamic acid	g	3.931	0	9.749	3.341
Glycine	g	1.427	0	3.539	1.213
Proline	g	1.155	0	2.864	0.982
Serine	g	1.000	0	2.480	0.850
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13053 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.35		0	17.68	282.82	
Energy	kcal	235		0	67	1066	
Energy	kj	983		0	279	4459	
Protein (N x 5.95)	g	17.26		0	4.89	78.29	
Total lipid (fat)	g	17.93		0	5.08	81.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.83		0	0.24	3.76	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.05		0	0.58	9.30	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	163		0	46	739	
Potassium	mg	273		0	77	1238	
Sodium	mg	68		0	19	308	
Zinc	mg	5.03		0	1.43	22.82	
Copper	mg	0.073		0	0.021	0.331	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	2.190		0	0.621	9.934	
Pantothenic acid	mg	0.290		0	0.082	1.315	
Vitamin B-6	mg	0.360		0	0.102	1.633	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	3.42		0	0.97	15.51	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.240		0	2.053	32.841	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.570		0	0.162	2.586	
15.0	g						
16:0	g	4.340		0	1.230	19.686	
17:0	g						
18:0	g	2.230		0	0.632	10.115	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.860	0	2.228	35.653
14:1	g				
16:1	g	0.890	0	0.252	4.037
18:1	g	6.950	0	1.970	31.525
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.650	0	0.184	2.948
18:2	g	0.430	0	0.122	1.950
18:3	g	0.200	0	0.057	0.907
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.055	0.875
Threonine	g	0.754	0	0.214	3.420
Isoleucine	g	0.776	0	0.220	3.520
Leucine	g	1.364	0	0.387	6.187
Lysine	g	1.436	0	0.407	6.514
Methionine	g	0.442	0	0.125	2.005
Cystine	g	0.193	0	0.055	0.875
Phenylalanine	g	0.674	0	0.191	3.057
Tyrosine	g	0.580	0	0.164	2.631
Valine	g	0.840	0	0.238	3.810
Arginine	g	1.091	0	0.309	4.949
Histidine	g	0.591	0	0.168	2.681
Alanine	g	1.041	0	0.295	4.722
Aspartic acid	g	1.577	0	0.447	7.153
Glutamic acid	g	2.594	0	0.735	11.766
Glycine	g	0.942	0	0.267	4.273
Proline	g	0.762	0	0.216	3.456
Serine	g	0.660	0	0.187	2.994
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13054 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.76		0	120.92	41.45	
Energy	kcal	326		0	808	277	
Energy	kj	1364		0	3383	1159	
Protein (N x 5.95)	g	26.98		0	66.91	22.93	
Total lipid (fat)	g	23.35		0	57.91	19.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.18	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	32	11	
Iron	mg	3.16		0	7.84	2.69	
Magnesium	mg	20		0	50	17	
Phosphorus	mg	203		0	503	173	
Potassium	mg	234		0	580	199	
Sodium	mg	65		0	161	55	
Zinc	mg	8.50		0	21.08	7.22	
Copper	mg	0.127		0	0.315	0.108	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.174	0.060	
Riboflavin	mg	0.250		0	0.620	0.213	
Niacin	mg	2.440		0	6.051	2.074	
Pantothenic acid	mg	0.310		0	0.769	0.264	
Vitamin B-6	mg	0.260		0	0.645	0.221	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.30		0	5.70	1.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.570	0.196	
Lipids:							
Saturated, total	g	9.300		0	23.064	7.905	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.149	0.051	
12:0	g	0.060		0	0.149	0.051	
14:0	g	0.740		0	1.835	0.629	
15.0	g						
16:0	g	5.660		0	14.037	4.811	
17:0	g						
18:0	g	2.780		0	6.894	2.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.090	0	25.023	8.576
14:1	g				
16:1	g	0.950	0	2.356	0.808
18:1	g	9.100	0	22.568	7.735
20:1	g	0.040	0	0.099	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.840	0	2.083	0.714
18:2	g	0.570	0	1.414	0.484
18:3	g	0.230	0	0.570	0.196
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.074	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	104	0	258	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.749	0.257
Threonine	g	1.178	0	2.921	1.001
Isoleucine	g	1.213	0	3.008	1.031
Leucine	g	2.132	0	5.287	1.812
Lysine	g	2.245	0	5.568	1.908
Methionine	g	0.691	0	1.714	0.587
Cystine	g	0.302	0	0.749	0.257
Phenylalanine	g	1.053	0	2.611	0.895
Tyrosine	g	0.907	0	2.249	0.771
Valine	g	1.312	0	3.254	1.115
Arginine	g	1.705	0	4.228	1.449
Histidine	g	0.924	0	2.292	0.785
Alanine	g	1.627	0	4.035	1.383
Aspartic acid	g	2.465	0	6.113	2.095
Glutamic acid	g	4.053	0	10.051	3.445
Glycine	g	1.472	0	3.651	1.251
Proline	g	1.191	0	2.954	1.012
Serine	g	1.032	0	2.559	0.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13057 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 35% Bone 19%, separable fat 16%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.80		1	20.07	321.15	
Energy	kcal	149		0	42	676	
Energy	kj	623		0	177	2826	
Protein (N x 5.95)	g	19.25	0.217	39	5.46	87.32	
Total lipid (fat)	g	7.40		1	2.10	33.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95	0.020	26	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.707	10	3	45	
Iron	mg	2.34	0.043	38	0.66	10.61	
Magnesium	mg	20	0.270	38	6	91	
Phosphorus	mg	184	3.304	28	52	835	
Potassium	mg	319	5.627	38	90	1447	
Sodium	mg	77	1.877	38	22	349	
Zinc	mg	5.91	0.129	36	1.68	26.81	
Copper	mg	0.082	0.002	36	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg	16.6	0.977	31	4.7	75.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.004	39	0.031	0.499	
Riboflavin	mg	0.190	0.005	37	0.054	0.862	
Niacin	mg	2.360	0.113	39	0.669	10.705	
Pantothenic acid	mg	0.320		1	0.091	1.452	
Vitamin B-6	mg	0.400		1	0.113	1.814	
Folate	µg	6	1.104	11	2	27	
Vitamin B-12	µg	3.85	0.198	38	1.09	17.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.780		0	0.788	12.610	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		36	0.000	0.000	
12:0	g	0.010		36	0.003	0.045	
14:0	g	0.200		36	0.057	0.907	
15.0	g						
16:0	g	1.650		36	0.468	7.484	
17:0	g						
18:0	g	0.920		36	0.261	4.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.290		0	0.933	14.923
14:1	g					
16:1	g	0.270		36	0.077	1.225
18:1	g	3.010		36	0.853	13.653
20:1	g	0.010		36	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.280		0	0.079	1.270
18:2	g	0.230		36	0.065	1.043
18:3	g	0.020		36	0.006	0.091
18:4	g					
20:4	g	0.030		36	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	0.789	34	18	295
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.216		0	0.061	0.980
Threonine	g	0.841		0	0.238	3.815
Isoleucine	g	0.865		0	0.245	3.924
Leucine	g	1.522		0	0.431	6.904
Lysine	g	1.602		0	0.454	7.267
Methionine	g	0.493		0	0.140	2.236
Cystine	g	0.216		0	0.061	0.980
Phenylalanine	g	0.752		0	0.213	3.411
Tyrosine	g	0.647		0	0.183	2.935
Valine	g	0.936		0	0.265	4.246
Arginine	g	1.217		0	0.345	5.520
Histidine	g	0.659		0	0.187	2.989
Alanine	g	1.161		0	0.329	5.266
Aspartic acid	g	1.759		0	0.499	7.979
Glutamic acid	g	2.892		0	0.820	13.118
Glycine	g	1.050		0	0.298	4.763
Proline	g	0.850		0	0.241	3.856
Serine	g	0.736		0	0.209	3.338
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 4% 23% bone, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.40		1	106.92	47.09	
Energy	kcal	251		0	484	213	
Energy	kj	1050		0	2027	893	
Protein (N x 5.95)	g	31.06	0.772	11	59.95	26.40	
Total lipid (fat)	g	13.10		1	25.28	11.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.031	11	1.91	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.258	11	25	11	
Iron	mg	3.68	0.200	10	7.10	3.13	
Magnesium	mg	23	0.834	11	44	20	
Phosphorus	mg	235		1	454	200	
Potassium	mg	263	8.280	11	508	224	
Sodium	mg	71	6.704	11	137	60	
Zinc	mg	10.27	0.753	7	19.82	8.73	
Copper	mg	0.148	0.011	8	0.286	0.126	
Manganese	mg	0.018		1	0.035	0.015	
Selenium	µg	26.7	2.200	7	51.5	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.007	11	0.154	0.068	
Riboflavin	mg	0.280	0.020	9	0.540	0.238	
Niacin	mg	2.670	0.359	11	5.153	2.269	
Pantothenic acid	mg	0.350		1	0.676	0.298	
Vitamin B-6	mg	0.290		1	0.560	0.247	
Folate	µg	6	1.142	11	12	5	
Vitamin B-12	µg	2.47	0.321	11	4.77	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.270	0.119	
Lipids:							
Saturated, total	g	5.080		0	9.804	4.318	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		8	0.019	0.009	
12:0	g	0.010		8	0.019	0.009	
14:0	g	0.390		8	0.753	0.331	
15.0	g						
16:0	g	2.970		8	5.732	2.525	
17:0	g						
18:0	g	1.710		8	3.300	1.454	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.650		0	10.905	4.803
14:1	g					
16:1	g	0.450		8	0.869	0.383
18:1	g	5.180		8	9.997	4.403
20:1	g	0.010		8	0.019	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.430		0	0.830	0.366
18:2	g	0.350		8	0.676	0.298
18:3	g	0.030		8	0.058	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.077	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	106	1.958	8	205	90
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.348		0	0.672	0.296
Threonine	g	1.357		0	2.619	1.153
Isoleucine	g	1.397		0	2.696	1.187
Leucine	g	2.455		0	4.738	2.087
Lysine	g	2.584		0	4.987	2.196
Methionine	g	0.795		0	1.534	0.676
Cystine	g	0.348		0	0.672	0.296
Phenylalanine	g	1.213		0	2.341	1.031
Tyrosine	g	1.044		0	2.015	0.887
Valine	g	1.511		0	2.916	1.284
Arginine	g	1.963		0	3.789	1.669
Histidine	g	1.064		0	2.054	0.904
Alanine	g	1.874		0	3.617	1.593
Aspartic acid	g	2.838		0	5.477	2.412
Glutamic acid	g	4.667		0	9.007	3.967
Glycine	g	1.695		0	3.271	1.441
Proline	g	1.372		0	2.648	1.166
Serine	g	1.188		0	2.293	1.010
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13059 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 37% Bone 19%, separable fat 18%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.20		1	19.90	318.43	
Energy	kcal	159		0	45	721	
Energy	kj	665		0	189	3016	
Protein (N x 5.95)	g	19.25		1	5.46	87.32	
Total lipid (fat)	g	8.50		1	2.41	38.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		1	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	45	
Iron	mg	2.34		1	0.66	10.61	
Magnesium	mg	20		1	6	91	
Phosphorus	mg	184		1	52	835	
Potassium	mg	319		1	90	1447	
Sodium	mg	77		1	22	349	
Zinc	mg	5.91		1	1.68	26.81	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		1	0.031	0.499	
Riboflavin	mg	0.190		1	0.054	0.862	
Niacin	mg	2.360		1	0.669	10.705	
Pantothenic acid	mg	0.320		1	0.091	1.452	
Vitamin B-6	mg	0.400		1	0.113	1.814	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.85		1	1.09	17.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.190		0	0.904	14.470	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		36	0.000	0.000	
12:0	g	0.010		36	0.003	0.045	
14:0	g	0.230		36	0.065	1.043	
15.0	g						
16:0	g	1.900		36	0.539	8.618	
17:0	g						
18:0	g	1.050		36	0.298	4.763	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.780	0	1.072	17.146
14:1	g				
16:1	g	0.310	36	0.088	1.406
18:1	g	3.460	36	0.981	15.695
20:1	g	0.010	36	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.320	0	0.091	1.452
18:2	g	0.260	36	0.074	1.179
18:3	g	0.020	36	0.006	0.091
18:4	g				
20:4	g	0.040	36	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	1	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.980
Threonine	g	0.841	0	0.238	3.815
Isoleucine	g	0.865	0	0.245	3.924
Leucine	g	1.522	0	0.431	6.904
Lysine	g	1.602	0	0.454	7.267
Methionine	g	0.493	0	0.140	2.236
Cystine	g	0.216	0	0.061	0.980
Phenylalanine	g	0.752	0	0.213	3.411
Tyrosine	g	0.647	0	0.183	2.935
Valine	g	0.936	0	0.265	4.246
Arginine	g	1.217	0	0.345	5.520
Histidine	g	0.659	0	0.187	2.989
Alanine	g	1.161	0	0.329	5.266
Aspartic acid	g	1.759	0	0.499	7.979
Glutamic acid	g	2.892	0	0.820	13.118
Glycine	g	1.050	0	0.298	4.763
Proline	g	0.850	0	0.241	3.856
Serine	g	0.736	0	0.209	3.338
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13060 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 42% 23% bone, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 187g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.60		0	102.10	46.41	
Energy	kcal	263		0	492	224	
Energy	kj	1100		0	2057	935	
Protein (N x 5.95)	g	31.06		0	58.08	26.40	
Total lipid (fat)	g	14.40		0	26.93	12.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	1.85	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	24	11	
Iron	mg	3.68		0	6.88	3.13	
Magnesium	mg	23		0	43	20	
Phosphorus	mg	235		0	439	200	
Potassium	mg	263		0	492	224	
Sodium	mg	71		0	133	60	
Zinc	mg	10.27		0	19.20	8.73	
Copper	mg	0.148		0	0.277	0.126	
Manganese	mg	0.018		0	0.034	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.150	0.068	
Riboflavin	mg	0.280		0	0.524	0.238	
Niacin	mg	2.670		0	4.993	2.269	
Pantothenic acid	mg	0.350		0	0.655	0.298	
Vitamin B-6	mg	0.290		0	0.542	0.247	
Folate	µg	6		0	11	5	
Vitamin B-12	µg	2.47		0	4.62	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.262	0.119	
Lipids:							
Saturated, total	g	5.580		0	10.435	4.743	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.010		0	0.019	0.009	
14:0	g	0.420		0	0.785	0.357	
15.0	g						
16:0	g	3.260		0	6.096	2.771	
17:0	g						
18:0	g	1.880		0	3.516	1.598	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.210	0	11.613	5.279
14:1	g				
16:1	g	0.500	0	0.935	0.425
18:1	g	5.700	0	10.659	4.845
20:1	g	0.010	0	0.019	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	0.879	0.400
18:2	g	0.390	0	0.729	0.331
18:3	g	0.040	0	0.075	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.094	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	106	0	198	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.348	0	0.651	0.296
Threonine	g	1.357	0	2.538	1.153
Isoleucine	g	1.397	0	2.612	1.187
Leucine	g	2.455	0	4.591	2.087
Lysine	g	2.584	0	4.832	2.196
Methionine	g	0.795	0	1.487	0.676
Cystine	g	0.348	0	0.651	0.296
Phenylalanine	g	1.213	0	2.268	1.031
Tyrosine	g	1.044	0	1.952	0.887
Valine	g	1.511	0	2.826	1.284
Arginine	g	1.963	0	3.671	1.669
Histidine	g	1.064	0	1.990	0.904
Alanine	g	1.874	0	3.504	1.593
Aspartic acid	g	2.838	0	5.307	2.412
Glutamic acid	g	4.667	0	8.727	3.967
Glycine	g	1.695	0	3.170	1.441
Proline	g	1.372	0	2.566	1.166
Serine	g	1.188	0	2.222	1.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 34% Bone 19%, separable fat 15%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.60		1	20.30	324.78	
Energy	kcal	139		0	39	631	
Energy	kj	582		0	165	2640	
Protein (N x 5.95)	g	19.25		1	5.46	87.32	
Total lipid (fat)	g	6.30		1	1.79	28.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		1	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	45	
Iron	mg	2.34		1	0.66	10.61	
Magnesium	mg	20		1	6	91	
Phosphorus	mg	184		1	52	835	
Potassium	mg	319		1	90	1447	
Sodium	mg	77		1	22	349	
Zinc	mg	5.91		1	1.68	26.81	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		1	0.031	0.499	
Riboflavin	mg	0.190		1	0.054	0.862	
Niacin	mg	2.360		1	0.669	10.705	
Pantothenic acid	mg	0.320		1	0.091	1.452	
Vitamin B-6	mg	0.400		1	0.113	1.814	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.85		1	1.09	17.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	2.370		0	0.672	10.750	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		36	0.000	0.000	
12:0	g	0.010		36	0.003	0.045	
14:0	g	0.170		36	0.048	0.771	
15.0	g						
16:0	g	1.410		36	0.400	6.396	
17:0	g						
18:0	g	0.780		36	0.221	3.538	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.800	0	0.794	12.701
14:1	g				
16:1	g	0.230	36	0.065	1.043
18:1	g	2.560	36	0.726	11.612
20:1	g	0.010	36	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.068	1.089
18:2	g	0.190	36	0.054	0.862
18:3	g	0.010	36	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	36	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	65	1	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.980
Threonine	g	0.841	0	0.238	3.815
Isoleucine	g	0.865	0	0.245	3.924
Leucine	g	1.522	0	0.431	6.904
Lysine	g	1.602	0	0.454	7.267
Methionine	g	0.493	0	0.140	2.236
Cystine	g	0.216	0	0.061	0.980
Phenylalanine	g	0.752	0	0.213	3.411
Tyrosine	g	0.647	0	0.183	2.935
Valine	g	0.936	0	0.265	4.246
Arginine	g	1.217	0	0.345	5.520
Histidine	g	0.659	0	0.187	2.989
Alanine	g	1.161	0	0.329	5.266
Aspartic acid	g	1.759	0	0.499	7.979
Glutamic acid	g	2.892	0	0.820	13.118
Glycine	g	1.050	0	0.298	4.763
Proline	g	0.850	0	0.241	3.856
Serine	g	0.736	0	0.209	3.338
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Refuse: 38% 23% bone, 15% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.30		0	112.60	47.85	
Energy	kcal	237		0	474	201	
Energy	kj	992		0	1984	843	
Protein (N x 5.95)	g	31.06		0	62.12	26.40	
Total lipid (fat)	g	11.60		0	23.20	9.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	1.98	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	26	11	
Iron	mg	3.68		0	7.36	3.13	
Magnesium	mg	23		0	46	20	
Phosphorus	mg	235		0	470	200	
Potassium	mg	263		0	526	224	
Sodium	mg	71		0	142	60	
Zinc	mg	10.27		0	20.54	8.73	
Copper	mg	0.148		0	0.296	0.126	
Manganese	mg	0.018		0	0.036	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.160	0.068	
Riboflavin	mg	0.280		0	0.560	0.238	
Niacin	mg	2.670		0	5.340	2.269	
Pantothenic acid	mg	0.350		0	0.700	0.298	
Vitamin B-6	mg	0.290		0	0.580	0.247	
Folate	µg	6		0	12	5	
Vitamin B-12	µg	2.47		0	4.94	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.280	0.119	
Lipids:							
Saturated, total	g	4.500		0	9.000	3.825	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.340		0	0.680	0.289	
15.0	g						
16:0	g	2.630		0	5.260	2.236	
17:0	g						
18:0	g	1.510		0	3.020	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.000	0	10.000	4.250
14:1	g				
16:1	g	0.400	0	0.800	0.340
18:1	g	4.590	0	9.180	3.902
20:1	g	0.010	0	0.020	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	0.760	0.323
18:2	g	0.310	0	0.620	0.264
18:3	g	0.030	0	0.060	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.080	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	106	0	212	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.348	0	0.696	0.296
Threonine	g	1.357	0	2.714	1.153
Isoleucine	g	1.397	0	2.794	1.187
Leucine	g	2.455	0	4.910	2.087
Lysine	g	2.584	0	5.168	2.196
Methionine	g	0.795	0	1.590	0.676
Cystine	g	0.348	0	0.696	0.296
Phenylalanine	g	1.213	0	2.426	1.031
Tyrosine	g	1.044	0	2.088	0.887
Valine	g	1.511	0	3.022	1.284
Arginine	g	1.963	0	3.926	1.669
Histidine	g	1.064	0	2.128	0.904
Alanine	g	1.874	0	3.748	1.593
Aspartic acid	g	2.838	0	5.676	2.412
Glutamic acid	g	4.667	0	9.334	3.967
Glycine	g	1.695	0	3.390	1.441
Proline	g	1.372	0	2.744	1.166
Serine	g	1.188	0	2.376	1.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	68.61		0	19.45	77.53	
Energy	kcal	180		0	51	203	
Energy	kj	753		0	213	851	
Protein (N x 5.95)	g	19.70		0	5.58	22.26	
Total lipid (fat)	g	10.62		0	3.01	12.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.47		0	0.42	1.66	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	6	
Iron	mg	1.97		0	0.56	2.23	
Magnesium	mg	20		0	6	23	
Phosphorus	mg	191		0	54	216	
Potassium	mg	350		0	99	396	
Sodium	mg	71		0	20	80	
Zinc	mg	3.47		0	0.98	3.92	
Copper	mg	0.072		0	0.020	0.081	
Manganese	mg	0.014		0	0.004	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.124	
Riboflavin	mg	0.150		0	0.043	0.170	
Niacin	mg	4.550		0	1.290	5.141	
Pantothenic acid	mg	0.320		0	0.091	0.362	
Vitamin B-6	mg	0.420		0	0.119	0.475	
Folate	µg	7		0	2	8	
Vitamin B-12	µg	2.97		0	0.84	3.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.144		0	0.041	0.163	
Lipids:							
Saturated, total	g	4.520		0	1.281	5.108	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.006	0.023	
12:0	g	0.020		0	0.006	0.023	
14:0	g	0.320		0	0.091	0.362	
15.0	g						
16:0	g	2.780		0	0.788	3.141	
17:0	g						
18:0	g	1.270		0	0.360	1.435	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.390	0	1.245	4.961
14:1	g				
16:1	g	0.440	0	0.125	0.497
18:1	g	3.880	0	1.100	4.384
20:1	g	0.010	0	0.003	0.011
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.410	0	0.116	0.463
18:2	g	0.250	0	0.071	0.282
18:3	g	0.120	0	0.034	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.011	0.045
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	52	0	15	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	0.250
Threonine	g	0.861	0	0.244	0.973
Isoleucine	g	0.886	0	0.251	1.001
Leucine	g	1.557	0	0.441	1.759
Lysine	g	1.639	0	0.465	1.852
Methionine	g	0.504	0	0.143	0.570
Cystine	g	0.221	0	0.063	0.250
Phenylalanine	g	0.769	0	0.218	0.869
Tyrosine	g	0.662	0	0.188	0.748
Valine	g	0.958	0	0.272	1.083
Arginine	g	1.245	0	0.353	1.407
Histidine	g	0.675	0	0.191	0.763
Alanine	g	1.188	0	0.337	1.342
Aspartic acid	g	1.800	0	0.510	2.034
Glutamic acid	g	2.960	0	0.839	3.345
Glycine	g	1.075	0	0.305	1.215
Proline	g	0.870	0	0.247	0.983
Serine	g	0.753	0	0.213	0.851
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13066 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 262g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.95		0	143.97	46.71	
Energy	kcal	263		0	689	224	
Energy	kj	1100		0	2882	935	
Protein (N x 5.95)	g	26.98		0	70.69	22.93	
Total lipid (fat)	g	16.44		0	43.07	13.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.04		0	5.34	1.73	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16	5	
Iron	mg	3.33		0	8.72	2.83	
Magnesium	mg	23		0	60	20	
Phosphorus	mg	256		0	671	218	
Potassium	mg	337		0	883	286	
Sodium	mg	70		0	183	60	
Zinc	mg	5.77		0	15.12	4.90	
Copper	mg	0.119		0	0.312	0.101	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		0	0.367	0.119	
Riboflavin	mg	0.180		0	0.472	0.153	
Niacin	mg	4.420		0	11.580	3.757	
Pantothenic acid	mg	0.370		0	0.969	0.315	
Vitamin B-6	mg	0.350		0	0.917	0.298	
Folate	µg	9		0	24	8	
Vitamin B-12	µg	3.30		0	8.65	2.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.920		0	18.130	5.882	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.052	0.017	
12:0	g	0.020		0	0.052	0.017	
14:0	g	0.540		0	1.415	0.459	
15.0	g						
16:0	g	4.080		0	10.690	3.468	
17:0	g						
18:0	g	2.080		0	5.450	1.768	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.940	0	18.183	5.899
14:1	g				
16:1	g	0.640	0	1.677	0.544
18:1	g	6.180	0	16.192	5.253
20:1	g	0.020	0	0.052	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.530	0	1.389	0.451
18:2	g	0.360	0	0.943	0.306
18:3	g	0.150	0	0.393	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.052	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	0	189	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.791	0.257
Threonine	g	1.178	0	3.086	1.001
Isoleucine	g	1.213	0	3.178	1.031
Leucine	g	2.132	0	5.586	1.812
Lysine	g	2.244	0	5.879	1.907
Methionine	g	0.691	0	1.810	0.587
Cystine	g	0.302	0	0.791	0.257
Phenylalanine	g	1.053	0	2.759	0.895
Tyrosine	g	0.906	0	2.374	0.770
Valine	g	1.312	0	3.437	1.115
Arginine	g	1.705	0	4.467	1.449
Histidine	g	0.924	0	2.421	0.785
Alanine	g	1.627	0	4.263	1.383
Aspartic acid	g	2.465	0	6.458	2.095
Glutamic acid	g	4.053	0	10.619	3.445
Glycine	g	1.472	0	3.857	1.251
Proline	g	1.191	0	3.120	1.012
Serine	g	1.032	0	2.704	0.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.63		0	198.57	50.69	
Energy	kcal	226		0	753	192	
Energy	kj	946		0	3150	804	
Protein (N x 5.95)	g	26.42		0	87.98	22.46	
Total lipid (fat)	g	12.53		0	41.72	10.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.98		0	6.59	1.68	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.51		0	8.36	2.13	
Magnesium	mg	23		0	77	20	
Phosphorus	mg	230		0	766	196	
Potassium	mg	402		0	1339	342	
Sodium	mg	81		0	270	69	
Zinc	mg	4.66		0	15.52	3.96	
Copper	mg	0.097		0	0.323	0.082	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.333	0.085	
Riboflavin	mg	0.180		0	0.599	0.153	
Niacin	mg	4.900		0	16.317	4.165	
Pantothenic acid	mg	0.350		0	1.165	0.298	
Vitamin B-6	mg	0.340		0	1.132	0.289	
Folate	µg	8		0	27	7	
Vitamin B-12	µg	3.19		0	10.62	2.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.320		0	17.716	4.522	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.067	0.017	
12:0	g	0.020		0	0.067	0.017	
14:0	g	0.370		0	1.232	0.315	
15.0	g						
16:0	g	3.310		0	11.022	2.814	
17:0	g						
18:0	g	1.450		0	4.829	1.232	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.130	0	17.083	4.361
14:1	g				
16:1	g	0.460	0	1.532	0.391
18:1	g	4.570	0	15.218	3.885
20:1	g	0.020	0	0.067	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.490	0	1.632	0.417
18:2	g	0.300	0	0.999	0.255
18:3	g	0.140	0	0.466	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.167	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0	226	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.986	0.252
Threonine	g	1.154	0	3.843	0.981
Isoleucine	g	1.188	0	3.956	1.010
Leucine	g	2.088	0	6.953	1.775
Lysine	g	2.198	0	7.319	1.868
Methionine	g	0.676	0	2.251	0.575
Cystine	g	0.296	0	0.986	0.252
Phenylalanine	g	1.031	0	3.433	0.876
Tyrosine	g	0.888	0	2.957	0.755
Valine	g	1.285	0	4.279	1.092
Arginine	g	1.670	0	5.561	1.420
Histidine	g	0.905	0	3.014	0.769
Alanine	g	1.593	0	5.305	1.354
Aspartic acid	g	2.413	0	8.035	2.051
Glutamic acid	g	3.969	0	13.217	3.374
Glycine	g	1.441	0	4.799	1.225
Proline	g	1.167	0	3.886	0.992
Serine	g	1.010	0	3.363	0.859
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Refuse: 7% Connective tissue 2%, separable fat 5%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.15	1.054	17	20.17	322.74	
Energy	kcal	154		0	44	699	
Energy	kj	644		0	183	2921	
Protein (N x 5.95)	g	20.31	0.415	17	5.76	92.13	
Total lipid (fat)	g	7.44	0.502	22	2.11	33.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53	0.223	7	0.43	6.94	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	1	23	
Iron	mg	2.03		1	0.58	9.21	
Magnesium	mg	21		1	6	95	
Phosphorus	mg	197		1	56	894	
Potassium	mg	365		1	103	1656	
Sodium	mg	73		1	21	331	
Zinc	mg	3.60		1	1.02	16.33	
Copper	mg	0.074		1	0.021	0.336	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.009	7	0.031	0.499	
Riboflavin	mg	0.150	0.012	7	0.043	0.680	
Niacin	mg	4.720	0.259	7	1.338	21.410	
Pantothenic acid	mg	0.330		1	0.094	1.497	
Vitamin B-6	mg	0.430	0.052	7	0.122	1.950	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.05		1	0.86	13.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	3.210		0	0.910	14.561	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.003	0.045	
12:0	g	0.010		1	0.003	0.045	
14:0	g	0.210		1	0.060	0.953	
15.0	g						
16:0	g	1.990		1	0.564	9.027	
17:0	g						
18:0	g	0.870		1	0.247	3.946	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.990		0	0.848	13.563
14:1	g					
16:1	g	0.250		1	0.071	1.134
18:1	g	2.670		1	0.757	12.111
20:1	g	0.010		1	0.003	0.045
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	0.290		0	0.082	1.315
18:2	g	0.180		1	0.051	0.816
18:3	g	0.070		1	0.020	0.318
18:4	g	0.000		1	0.000	0.000
20:4	g	0.040		1	0.011	0.181
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	50	4.906	7	14	227
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.227		0	0.064	1.030
Threonine	g	0.887		0	0.251	4.023
Isoleucine	g	0.913		0	0.259	4.141
Leucine	g	1.605		0	0.455	7.280
Lysine	g	1.689		0	0.479	7.661
Methionine	g	0.520		0	0.147	2.359
Cystine	g	0.227		0	0.064	1.030
Phenylalanine	g	0.793		0	0.225	3.597
Tyrosine	g	0.682		0	0.193	3.094
Valine	g	0.988		0	0.280	4.482
Arginine	g	1.283		0	0.364	5.820
Histidine	g	0.695		0	0.197	3.153
Alanine	g	1.225		0	0.347	5.557
Aspartic acid	g	1.855		0	0.526	8.414
Glutamic acid	g	3.051		0	0.865	13.839
Glycine	g	1.108		0	0.314	5.026
Proline	g	0.897		0	0.254	4.069
Serine	g	0.776		0	0.220	3.520
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Refuse: 8% 2% connective tissue, 6% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.27	0.014	11	140.88	48.68	
Energy	kcal	237		0	583	201	
Energy	kj	992		0	2440	843	
Protein (N x 5.95)	g	28.02	0.588	11	68.93	23.82	
Total lipid (fat)	g	13.00	0.996	11	31.98	11.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.14	0.000	7	5.26	1.82	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	15	5	
Iron	mg	3.47		1	8.54	2.95	
Magnesium	mg	24		1	59	20	
Phosphorus	mg	267		1	657	227	
Potassium	mg	351		1	863	298	
Sodium	mg	72		1	177	61	
Zinc	mg	6.05		1	14.88	5.14	
Copper	mg	0.124		1	0.305	0.105	
Manganese	mg	0.019		1	0.047	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.060	7	0.344	0.119	
Riboflavin	mg	0.190	0.200	7	0.467	0.161	
Niacin	mg	4.600	0.212	7	11.316	3.910	
Pantothenic acid	mg	0.380		1	0.935	0.323	
Vitamin B-6	mg	0.360	0.049	7	0.886	0.306	
Folate	µg	9		1	22	8	
Vitamin B-12	µg	3.41		1	8.39	2.90	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.344	0.119	
Lipids:							
Saturated, total	g	5.540		0	13.628	4.709	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.025	0.009	
12:0	g	0.010		1	0.025	0.009	
14:0	g	0.420		1	1.033	0.357	
15.0	g						
16:0	g	3.200		1	7.872	2.720	
17:0	g						
18:0	g	1.710		1	4.207	1.454	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.440		0	13.382	4.624
14:1	g					
16:1	g	0.480		1	1.181	0.408
18:1	g	4.850		1	11.931	4.122
20:1	g	0.010		1	0.025	0.009
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	0.390		0	0.959	0.331
18:2	g	0.280		1	0.689	0.238
18:3	g	0.090		1	0.221	0.077
18:4	g	0.000		1	0.000	0.000
20:4	g	0.020		1	0.049	0.017
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	71	8.185	6	175	60
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.772	0.267
Threonine	g	1.224		0	3.011	1.040
Isoleucine	g	1.260		0	3.100	1.071
Leucine	g	2.215		0	5.449	1.883
Lysine	g	2.331		0	5.734	1.981
Methionine	g	0.717		0	1.764	0.609
Cystine	g	0.314		0	0.772	0.267
Phenylalanine	g	1.094		0	2.691	0.930
Tyrosine	g	0.941		0	2.315	0.800
Valine	g	1.363		0	3.353	1.159
Arginine	g	1.771		0	4.357	1.505
Histidine	g	0.959		0	2.359	0.815
Alanine	g	1.690		0	4.157	1.437
Aspartic acid	g	2.560		0	6.298	2.176
Glutamic acid	g	4.210		0	10.357	3.579
Glycine	g	1.529		0	3.761	1.300
Proline	g	1.237		0	3.043	1.051
Serine	g	1.071		0	2.635	0.910
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 6% 2% connective tissue, 4% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.34		0	196.29	52.14	
Energy	kcal	207		0	662	176	
Energy	kj	866		0	2771	736	
Protein (N x 5.95)	g	27.07		0	86.62	23.01	
Total lipid (fat)	g	10.12		0	32.38	8.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.04		0	6.53	1.73	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	22	6	
Iron	mg	2.57		0	8.22	2.18	
Magnesium	mg	24		0	77	20	
Phosphorus	mg	236		0	755	201	
Potassium	mg	414		0	1325	352	
Sodium	mg	83		0	266	71	
Zinc	mg	4.80		0	15.36	4.08	
Copper	mg	0.099		0	0.317	0.084	
Manganese	mg	0.016		0	0.051	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.352	0.094	
Riboflavin	mg	0.190		0	0.608	0.161	
Niacin	mg	5.030		0	16.096	4.276	
Pantothenic acid	mg	0.360		0	1.152	0.306	
Vitamin B-6	mg	0.340		0	1.088	0.289	
Folate	µg	8		0	26	7	
Vitamin B-12	µg	3.25		0	10.40	2.76	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.360		0	13.952	3.706	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.032	0.009	
12:0	g	0.010		0	0.032	0.009	
14:0	g	0.290		0	0.928	0.247	
15.0	g						
16:0	g	2.700		0	8.640	2.295	
17:0	g						
18:0	g	1.190		0	3.808	1.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.070	0	13.024	3.460
14:1	g				
16:1	g	0.350	0	1.120	0.298
18:1	g	3.630	0	11.616	3.086
20:1	g	0.010	0	0.032	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.400	0	1.280	0.340
18:2	g	0.250	0	0.800	0.213
18:3	g	0.100	0	0.320	0.085
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.160	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	67	0	214	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.303	0	0.970	0.258
Threonine	g	1.183	0	3.786	1.006
Isoleucine	g	1.217	0	3.894	1.034
Leucine	g	2.140	0	6.848	1.819
Lysine	g	2.253	0	7.210	1.915
Methionine	g	0.693	0	2.218	0.589
Cystine	g	0.303	0	0.970	0.258
Phenylalanine	g	1.057	0	3.382	0.898
Tyrosine	g	0.910	0	2.912	0.774
Valine	g	1.317	0	4.214	1.119
Arginine	g	1.711	0	5.475	1.454
Histidine	g	0.927	0	2.966	0.788
Alanine	g	1.633	0	5.226	1.388
Aspartic acid	g	2.474	0	7.917	2.103
Glutamic acid	g	4.068	0	13.018	3.458
Glycine	g	1.477	0	4.726	1.255
Proline	g	1.196	0	3.827	1.017
Serine	g	1.035	0	3.312	0.880
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13071 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	54.54		0	15.46	247.39	
Energy	kcal	313		0	89	1420	
Energy	kj	1310		0	371	5942	
Protein (N x 5.95)	g	16.37		0	4.64	74.25	
Total lipid (fat)	g	26.98		0	7.65	122.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	0.22	3.49	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.72		0	0.49	7.80	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	154		0	44	699	
Potassium	mg	268		0	76	1216	
Sodium	mg	54		0	15	245	
Zinc	mg	3.67		0	1.04	16.65	
Copper	mg	0.058		0	0.016	0.263	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.780		0	0.788	12.610	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.310		0	0.088	1.406	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.80		0	0.79	12.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.130		0	3.155	50.486	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.890		0	0.252	4.037	
15.0	g						
16:0	g	6.690		0	1.897	30.346	
17:0	g						
18:0	g	3.390		0	0.961	15.377	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.630	0	3.297	52.754
14:1	g				
16:1	g	1.380	0	0.391	6.260
18:1	g	10.210	0	2.895	46.313
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.970	0	0.275	4.400
18:2	g	0.620	0	0.176	2.812
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.183	0	0.052	0.830
Threonine	g	0.715	0	0.203	3.243
Isoleucine	g	0.736	0	0.209	3.338
Leucine	g	1.294	0	0.367	5.870
Lysine	g	1.362	0	0.386	6.178
Methionine	g	0.419	0	0.119	1.901
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.639	0	0.181	2.899
Tyrosine	g	0.550	0	0.156	2.495
Valine	g	0.796	0	0.226	3.611
Arginine	g	1.034	0	0.293	4.690
Histidine	g	0.560	0	0.159	2.540
Alanine	g	0.987	0	0.280	4.477
Aspartic acid	g	1.495	0	0.424	6.781
Glutamic acid	g	2.459	0	0.697	11.154
Glycine	g	0.893	0	0.253	4.051
Proline	g	0.723	0	0.205	3.280
Serine	g	0.626	0	0.177	2.840
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.00		0	129.12	40.80	
Energy	kcal	342		0	920	291	
Energy	kj	1431		0	3849	1216	
Protein (N x 5.95)	g	22.24		0	59.83	18.90	
Total lipid (fat)	g	27.43		0	73.79	23.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	2.77	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	32	10	
Iron	mg	2.17		0	5.84	1.84	
Magnesium	mg	20		0	54	17	
Phosphorus	mg	177		0	476	150	
Potassium	mg	312		0	839	265	
Sodium	mg	63		0	169	54	
Zinc	mg	5.22		0	14.04	4.44	
Copper	mg	0.081		0	0.218	0.069	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.215	0.068	
Riboflavin	mg	0.170		0	0.457	0.145	
Niacin	mg	3.250		0	8.742	2.763	
Pantothenic acid	mg	0.320		0	0.861	0.272	
Vitamin B-6	mg	0.270		0	0.726	0.230	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.87		0	7.72	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.236		0	0.635	0.201	
Lipids:							
Saturated, total	g	11.130		0	29.940	9.461	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080		0	0.215	0.068	
12:0	g	0.080		0	0.215	0.068	
14:0	g	0.890		0	2.394	0.757	
15.0	g						
16:0	g	6.840		0	18.400	5.814	
17:0	g						
18:0	g	3.240		0	8.716	2.754	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.680	0	31.419	9.928
14:1	g				
16:1	g	1.160	0	3.120	0.986
18:1	g	10.470	0	28.164	8.899
20:1	g	0.050	0	0.135	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.000	0	2.690	0.850
18:2	g	0.670	0	1.802	0.570
18:3	g	0.300	0	0.807	0.255
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.081	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	221	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	0.670	0.212
Threonine	g	0.971	0	2.612	0.825
Isoleucine	g	1.000	0	2.690	0.850
Leucine	g	1.758	0	4.729	1.494
Lysine	g	1.850	0	4.977	1.573
Methionine	g	0.569	0	1.531	0.484
Cystine	g	0.249	0	0.670	0.212
Phenylalanine	g	0.868	0	2.335	0.738
Tyrosine	g	0.747	0	2.009	0.635
Valine	g	1.082	0	2.911	0.920
Arginine	g	1.406	0	3.782	1.195
Histidine	g	0.761	0	2.047	0.647
Alanine	g	1.342	0	3.610	1.141
Aspartic acid	g	2.032	0	5.466	1.727
Glutamic acid	g	3.341	0	8.987	2.840
Glycine	g	1.213	0	3.263	1.031
Proline	g	0.982	0	2.642	0.835
Serine	g	0.850	0	2.287	0.723
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13073 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.49		0	137.72	40.37	
Energy	kcal	358		0	1038	304	
Energy	kj	1498		0	4344	1273	
Protein (N x 5.95)	g	22.50		0	65.25	19.13	
Total lipid (fat)	g	29.01		0	84.13	24.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	2.84	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.34		0	6.79	1.99	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	175		0	508	149	
Potassium	mg	301		0	873	256	
Sodium	mg	63		0	183	54	
Zinc	mg	5.35		0	15.52	4.55	
Copper	mg	0.083		0	0.241	0.071	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.203	0.060	
Riboflavin	mg	0.170		0	0.493	0.145	
Niacin	mg	3.410		0	9.889	2.899	
Pantothenic acid	mg	0.310		0	0.899	0.264	
Vitamin B-6	mg	0.230		0	0.667	0.196	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.54		0	7.37	2.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.700		0	33.930	9.945	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.261	0.077	
12:0	g	0.080		0	0.232	0.068	
14:0	g	0.940		0	2.726	0.799	
15.0	g						
16:0	g	7.180		0	20.822	6.103	
17:0	g						
18:0	g	3.410		0	9.889	2.899	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.470	0	36.163	10.600
14:1	g				
16:1	g	1.230	0	3.567	1.045
18:1	g	11.190	0	32.451	9.511
20:1	g	0.060	0	0.174	0.051
22.1	g				
Polyunsaturated, total	g	1.030	0	2.987	0.876
18:2	g	0.680	0	1.972	0.578
18:3	g	0.330	0	0.957	0.281
18:4	g				
20:4	g	0.020	0	0.058	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	244	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.731	0.214
Threonine	g	0.983	0	2.851	0.836
Isoleucine	g	1.012	0	2.935	0.860
Leucine	g	1.778	0	5.156	1.511
Lysine	g	1.872	0	5.429	1.591
Methionine	g	0.576	0	1.670	0.490
Cystine	g	0.252	0	0.731	0.214
Phenylalanine	g	0.878	0	2.546	0.746
Tyrosine	g	0.756	0	2.192	0.643
Valine	g	1.094	0	3.173	0.930
Arginine	g	1.422	0	4.124	1.209
Histidine	g	0.770	0	2.233	0.655
Alanine	g	1.357	0	3.935	1.153
Aspartic acid	g	2.056	0	5.962	1.748
Glutamic acid	g	3.380	0	9.802	2.873
Glycine	g	1.228	0	3.561	1.044
Proline	g	0.994	0	2.883	0.845
Serine	g	0.860	0	2.494	0.731
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13074 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	52.73		0	14.95	239.18	
Energy	kcal	333		0	94	1510	
Energy	kj	1393		0	395	6319	
Protein (N x 5.95)	g	16.06		0	4.55	72.85	
Total lipid (fat)	g	29.37		0	8.33	133.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.75		0	0.21	3.40	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.69		0	0.48	7.67	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	151		0	43	685	
Potassium	mg	261		0	74	1184	
Sodium	mg	53		0	15	240	
Zinc	mg	3.57		0	1.01	16.19	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.730		0	0.774	12.383	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.310		0	0.088	1.406	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.75		0	0.78	12.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.110		0	3.433	54.931	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.960		0	0.272	4.355	
15.0	g						
16:0	g	7.280		0	2.064	33.022	
17:0	g						
18:0	g	3.690		0	1.046	16.738	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.660	0	3.589	57.426
14:1	g				
16:1	g	1.500	0	0.425	6.804
18:1	g	11.120	0	3.153	50.440
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.060	0	0.301	4.808
18:2	g	0.670	0	0.190	3.039
18:3	g	0.360	0	0.102	1.633
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.180	0	0.051	0.816
Threonine	g	0.702	0	0.199	3.184
Isoleucine	g	0.722	0	0.205	3.275
Leucine	g	1.270	0	0.360	5.761
Lysine	g	1.336	0	0.379	6.060
Methionine	g	0.411	0	0.117	1.864
Cystine	g	0.180	0	0.051	0.816
Phenylalanine	g	0.627	0	0.178	2.844
Tyrosine	g	0.540	0	0.153	2.449
Valine	g	0.781	0	0.221	3.543
Arginine	g	1.015	0	0.288	4.604
Histidine	g	0.550	0	0.156	2.495
Alanine	g	0.969	0	0.275	4.395
Aspartic acid	g	1.468	0	0.416	6.659
Glutamic acid	g	2.413	0	0.684	10.945
Glycine	g	0.876	0	0.248	3.974
Proline	g	0.709	0	0.201	3.216
Serine	g	0.614	0	0.174	2.785
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13075 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.63		0	125.43	39.64	
Energy	kcal	360		0	968	306	
Energy	kj	1506		0	4051	1280	
Protein (N x 5.95)	g	21.98		0	59.13	18.68	
Total lipid (fat)	g	29.53		0	79.44	25.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	2.72	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	32	10	
Iron	mg	2.15		0	5.78	1.83	
Magnesium	mg	19		0	51	16	
Phosphorus	mg	175		0	471	149	
Potassium	mg	308		0	829	262	
Sodium	mg	62		0	167	53	
Zinc	mg	5.13		0	13.80	4.36	
Copper	mg	0.080		0	0.215	0.068	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.215	0.068	
Riboflavin	mg	0.170		0	0.457	0.145	
Niacin	mg	3.210		0	8.635	2.729	
Pantothenic acid	mg	0.320		0	0.861	0.272	
Vitamin B-6	mg	0.270		0	0.726	0.230	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.84		0	7.64	2.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.980		0	32.226	10.183	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.242	0.077	
12:0	g	0.080		0	0.215	0.068	
14:0	g	0.960		0	2.582	0.816	
15.0	g						
16:0	g	7.350		0	19.771	6.247	
17:0	g						
18:0	g	3.500		0	9.415	2.975	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.570	0	33.813	10.684
14:1	g				
16:1	g	1.250	0	3.362	1.063
18:1	g	11.260	0	30.289	9.571
20:1	g	0.050	0	0.135	0.043
22.1	g				
Polyunsaturated, total	g	1.080	0	2.905	0.918
18:2	g	0.720	0	1.937	0.612
18:3	g	0.320	0	0.861	0.272
18:4	g				
20:4	g	0.030	0	0.081	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	221	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.246	0	0.662	0.209
Threonine	g	0.960	0	2.582	0.816
Isoleucine	g	0.988	0	2.658	0.840
Leucine	g	1.737	0	4.673	1.476
Lysine	g	1.828	0	4.917	1.554
Methionine	g	0.563	0	1.514	0.479
Cystine	g	0.246	0	0.662	0.209
Phenylalanine	g	0.858	0	2.308	0.729
Tyrosine	g	0.738	0	1.985	0.627
Valine	g	1.069	0	2.876	0.909
Arginine	g	1.389	0	3.736	1.181
Histidine	g	0.752	0	2.023	0.639
Alanine	g	1.326	0	3.567	1.127
Aspartic acid	g	2.008	0	5.402	1.707
Glutamic acid	g	3.302	0	8.882	2.807
Glycine	g	1.199	0	3.225	1.019
Proline	g	0.970	0	2.609	0.825
Serine	g	0.840	0	2.260	0.714
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13076 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.87		0	133.02	38.99	
Energy	kcal	376		0	1090	320	
Energy	kj	1573		0	4562	1337	
Protein (N x 5.95)	g	22.17		0	64.29	18.84	
Total lipid (fat)	g	31.23		0	90.57	26.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	2.81	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.31		0	6.70	1.96	
Magnesium	mg	19		0	55	16	
Phosphorus	mg	172		0	499	146	
Potassium	mg	296		0	858	252	
Sodium	mg	63		0	183	54	
Zinc	mg	5.24		0	15.20	4.45	
Copper	mg	0.082		0	0.238	0.070	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.203	0.060	
Riboflavin	mg	0.170		0	0.493	0.145	
Niacin	mg	3.360		0	9.744	2.856	
Pantothenic acid	mg	0.310		0	0.899	0.264	
Vitamin B-6	mg	0.230		0	0.667	0.196	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.52		0	7.31	2.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.236		0	0.684	0.201	
Lipids:							
Saturated, total	g	12.600		0	36.540	10.710	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.261	0.077	
12:0	g	0.080		0	0.232	0.068	
14:0	g	1.020		0	2.958	0.867	
15.0	g						
16:0	g	7.730		0	22.417	6.571	
17:0	g						
18:0	g	3.670		0	10.643	3.119	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.430	0	38.947	11.415
14:1	g				
16:1	g	1.330	0	3.857	1.131
18:1	g	12.040	0	34.916	10.234
20:1	g	0.060	0	0.174	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.110	0	3.219	0.944
18:2	g	0.730	0	2.117	0.620
18:3	g	0.350	0	1.015	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.058	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	247	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.719	0.211
Threonine	g	0.968	0	2.807	0.823
Isoleucine	g	0.997	0	2.891	0.847
Leucine	g	1.752	0	5.081	1.489
Lysine	g	1.844	0	5.348	1.567
Methionine	g	0.567	0	1.644	0.482
Cystine	g	0.248	0	0.719	0.211
Phenylalanine	g	0.865	0	2.508	0.735
Tyrosine	g	0.745	0	2.161	0.633
Valine	g	1.078	0	3.126	0.916
Arginine	g	1.401	0	4.063	1.191
Histidine	g	0.759	0	2.201	0.645
Alanine	g	1.337	0	3.877	1.136
Aspartic acid	g	2.025	0	5.872	1.721
Glutamic acid	g	3.330	0	9.657	2.831
Glycine	g	1.209	0	3.506	1.028
Proline	g	0.979	0	2.839	0.832
Serine	g	0.848	0	2.459	0.721
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13077 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.02		0	15.88	254.11	
Energy	kcal	297		0	84	1347	
Energy	kj	1243		0	352	5638	
Protein (N x 5.95)	g	16.55		0	4.69	75.07	
Total lipid (fat)	g	25.06		0	7.10	113.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	0.22	3.54	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.75		0	0.50	7.94	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	156		0	44	708	
Potassium	mg	273		0	77	1238	
Sodium	mg	55		0	16	249	
Zinc	mg	3.73		0	1.06	16.92	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.810		0	0.797	12.746	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.310		0	0.088	1.406	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.83		0	0.80	12.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.340		0	2.931	46.902	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.026	0.408	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.820		0	0.232	3.720	
15.0	g						
16:0	g	6.210		0	1.761	28.169	
17:0	g						
18:0	g	3.150		0	0.893	14.288	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.810	0	3.065	49.034
14:1	g				
16:1	g	1.280	0	0.363	5.806
18:1	g	9.490	0	2.690	43.047
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.900	0	0.255	4.082
18:2	g	0.570	0	0.162	2.586
18:3	g	0.310	0	0.088	1.406
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	0	0.052	0.839
Threonine	g	0.723	0	0.205	3.280
Isoleucine	g	0.744	0	0.211	3.375
Leucine	g	1.308	0	0.371	5.933
Lysine	g	1.377	0	0.390	6.246
Methionine	g	0.424	0	0.120	1.923
Cystine	g	0.185	0	0.052	0.839
Phenylalanine	g	0.646	0	0.183	2.930
Tyrosine	g	0.556	0	0.158	2.522
Valine	g	0.805	0	0.228	3.651
Arginine	g	1.046	0	0.297	4.745
Histidine	g	0.567	0	0.161	2.572
Alanine	g	0.998	0	0.283	4.527
Aspartic acid	g	1.512	0	0.429	6.858
Glutamic acid	g	2.487	0	0.705	11.281
Glycine	g	0.903	0	0.256	4.096
Proline	g	0.731	0	0.207	3.316
Serine	g	0.633	0	0.179	2.871
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13078 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.74		0	131.81	42.28	
Energy	kcal	323		0	856	275	
Energy	kj	1351		0	3580	1148	
Protein (N x 5.95)	g	22.49		0	59.60	19.12	
Total lipid (fat)	g	25.15		0	66.65	21.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.76	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.20		0	5.83	1.87	
Magnesium	mg	20		0	53	17	
Phosphorus	mg	179		0	474	152	
Potassium	mg	316		0	837	269	
Sodium	mg	63		0	167	54	
Zinc	mg	5.30		0	14.04	4.50	
Copper	mg	0.082		0	0.217	0.070	
Manganese	mg	0.013		0	0.034	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.212	0.068	
Riboflavin	mg	0.170		0	0.451	0.145	
Niacin	mg	3.290		0	8.719	2.797	
Pantothenic acid	mg	0.330		0	0.875	0.281	
Vitamin B-6	mg	0.270		0	0.716	0.230	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.90		0	7.68	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.200		0	27.030	8.670	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.186	0.060	
12:0	g	0.070		0	0.186	0.060	
14:0	g	0.820		0	2.173	0.697	
15.0	g						
16:0	g	6.260		0	16.589	5.321	
17:0	g						
18:0	g	2.970		0	7.871	2.525	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.690	0	28.328	9.086
14:1	g				
16:1	g	1.060	0	2.809	0.901
18:1	g	9.590	0	25.413	8.152
20:1	g	0.050	0	0.133	0.043
22.1	g				
Polyunsaturated, total	g	0.920	0	2.438	0.782
18:2	g	0.620	0	1.643	0.527
18:3	g	0.270	0	0.716	0.230
18:4	g				
20:4	g	0.030	0	0.079	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	217	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.668	0.214
Threonine	g	0.982	0	2.602	0.835
Isoleucine	g	1.011	0	2.679	0.859
Leucine	g	1.778	0	4.712	1.511
Lysine	g	1.871	0	4.958	1.590
Methionine	g	0.576	0	1.526	0.490
Cystine	g	0.252	0	0.668	0.214
Phenylalanine	g	0.878	0	2.327	0.746
Tyrosine	g	0.756	0	2.003	0.643
Valine	g	1.094	0	2.899	0.930
Arginine	g	1.421	0	3.766	1.208
Histidine	g	0.770	0	2.041	0.655
Alanine	g	1.357	0	3.596	1.153
Aspartic acid	g	2.055	0	5.446	1.747
Glutamic acid	g	3.379	0	8.954	2.872
Glycine	g	1.227	0	3.252	1.043
Proline	g	0.993	0	2.631	0.844
Serine	g	0.860	0	2.279	0.731
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13079 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.32		0	143.03	41.92	
Energy	kcal	336		0	974	286	
Energy	kj	1406		0	4077	1195	
Protein (N x 5.95)	g	22.86		0	66.29	19.43	
Total lipid (fat)	g	26.47		0	76.76	22.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	2.87	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	9	
Iron	mg	2.38		0	6.90	2.02	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	178		0	516	151	
Potassium	mg	306		0	887	260	
Sodium	mg	64		0	186	54	
Zinc	mg	5.48		0	15.89	4.66	
Copper	mg	0.084		0	0.244	0.071	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.203	0.060	
Riboflavin	mg	0.180		0	0.522	0.153	
Niacin	mg	3.470		0	10.063	2.950	
Pantothenic acid	mg	0.320		0	0.928	0.272	
Vitamin B-6	mg	0.230		0	0.667	0.196	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.57		0	7.45	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.660		0	30.914	9.061	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.232	0.068	
12:0	g	0.070		0	0.203	0.060	
14:0	g	0.860		0	2.494	0.731	
15.0	g						
16:0	g	6.550		0	18.995	5.567	
17:0	g						
18:0	g	3.110		0	9.019	2.643	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.380	0	33.002	9.673
14:1	g				
16:1	g	1.110	0	3.219	0.944
18:1	g	10.210	0	29.609	8.678
20:1	g	0.050	0	0.145	0.043
22.1	g				
Polyunsaturated, total	g	0.940	0	2.726	0.799
18:2	g	0.630	0	1.827	0.536
18:3	g	0.300	0	0.870	0.255
18:4	g				
20:4	g	0.020	0	0.058	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	244	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.742	0.218
Threonine	g	0.999	0	2.897	0.849
Isoleucine	g	1.028	0	2.981	0.874
Leucine	g	1.807	0	5.240	1.536
Lysine	g	1.902	0	5.516	1.617
Methionine	g	0.585	0	1.696	0.497
Cystine	g	0.256	0	0.742	0.218
Phenylalanine	g	0.893	0	2.590	0.759
Tyrosine	g	0.768	0	2.227	0.653
Valine	g	1.112	0	3.225	0.945
Arginine	g	1.445	0	4.191	1.228
Histidine	g	0.783	0	2.271	0.666
Alanine	g	1.379	0	3.999	1.172
Aspartic acid	g	2.089	0	6.058	1.776
Glutamic acid	g	3.435	0	9.961	2.920
Glycine	g	1.247	0	3.616	1.060
Proline	g	1.010	0	2.929	0.859
Serine	g	0.874	0	2.535	0.743
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13080 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	50.55		0	14.33	229.29	
Energy	kcal	364		0	103	1651	
Energy	kj	1523		0	432	6908	
Protein (N x 5.95)	g	15.91		0	4.51	72.17	
Total lipid (fat)	g	32.86		0	9.32	149.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74		0	0.21	3.36	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.67		0	0.47	7.58	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	150		0	43	680	
Potassium	mg	257		0	73	1166	
Sodium	mg	53		0	15	240	
Zinc	mg	3.52		0	1.00	15.97	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.700		0	0.765	12.247	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.300		0	0.085	1.361	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.72		0	0.77	12.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	13.720		0	3.890	62.234	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.110		0	0.031	0.499	
12:0	g	0.080		0	0.023	0.363	
14:0	g	1.070		0	0.303	4.854	
15.0	g						
16:0	g	8.120		0	2.302	36.832	
17:0	g						
18:0	g	4.140		0	1.174	18.779	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.290	0	4.051	64.819
14:1	g				
16:1	g	1.640	0	0.465	7.439
18:1	g	12.430	0	3.524	56.382
20:1	g	0.050	0	0.014	0.227
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.200	0	0.340	5.443
18:2	g	0.770	0	0.218	3.493
18:3	g	0.390	0	0.111	1.769
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	73	0	21	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.178	0	0.050	0.807
Threonine	g	0.695	0	0.197	3.153
Isoleucine	g	0.715	0	0.203	3.243
Leucine	g	1.257	0	0.356	5.702
Lysine	g	1.323	0	0.375	6.001
Methionine	g	0.407	0	0.115	1.846
Cystine	g	0.178	0	0.050	0.807
Phenylalanine	g	0.621	0	0.176	2.817
Tyrosine	g	0.534	0	0.151	2.422
Valine	g	0.774	0	0.219	3.511
Arginine	g	1.005	0	0.285	4.559
Histidine	g	0.545	0	0.155	2.472
Alanine	g	0.959	0	0.272	4.350
Aspartic acid	g	1.453	0	0.412	6.591
Glutamic acid	g	2.390	0	0.678	10.841
Glycine	g	0.868	0	0.246	3.937
Proline	g	0.702	0	0.199	3.184
Serine	g	0.608	0	0.172	2.758
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13081 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 2% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	44.33		0	122.35	37.68	
Energy	kcal	392		0	1082	333	
Energy	kj	1640		0	4526	1394	
Protein (N x 5.95)	g	21.72		0	59.95	18.46	
Total lipid (fat)	g	33.15		0	91.49	28.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	2.62	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	30	9	
Iron	mg	2.11		0	5.82	1.79	
Magnesium	mg	20		0	55	17	
Phosphorus	mg	167		0	461	142	
Potassium	mg	306		0	845	260	
Sodium	mg	62		0	171	53	
Zinc	mg	5.11		0	14.10	4.34	
Copper	mg	0.080		0	0.221	0.068	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.221	0.068	
Riboflavin	mg	0.170		0	0.469	0.145	
Niacin	mg	3.150		0	8.694	2.678	
Pantothenic acid	mg	0.320		0	0.883	0.272	
Vitamin B-6	mg	0.290		0	0.800	0.247	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.82		0	7.78	2.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	13.720		0	37.867	11.662	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080		0	0.221	0.068	
12:0	g	0.080		0	0.221	0.068	
14:0	g	1.080		0	2.981	0.918	
15.0	g						
16:0	g	8.200		0	22.632	6.970	
17:0	g						
18:0	g	4.010		0	11.068	3.408	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.470	0	39.937	12.300
14:1	g				
16:1	g	1.350	0	3.726	1.148
18:1	g	12.840	0	35.438	10.914
20:1	g	0.060	0	0.166	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.150	0	3.174	0.977
18:2	g	0.780	0	2.153	0.663
18:3	g	0.320	0	0.883	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.110	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	235	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.671	0.207
Threonine	g	0.949	0	2.619	0.807
Isoleucine	g	0.977	0	2.697	0.830
Leucine	g	1.717	0	4.739	1.459
Lysine	g	1.807	0	4.987	1.536
Methionine	g	0.556	0	1.535	0.473
Cystine	g	0.243	0	0.671	0.207
Phenylalanine	g	0.848	0	2.340	0.721
Tyrosine	g	0.730	0	2.015	0.620
Valine	g	1.056	0	2.915	0.898
Arginine	g	1.373	0	3.789	1.167
Histidine	g	0.744	0	2.053	0.632
Alanine	g	1.310	0	3.616	1.114
Aspartic acid	g	1.984	0	5.476	1.686
Glutamic acid	g	3.263	0	9.006	2.774
Glycine	g	1.185	0	3.271	1.007
Proline	g	0.959	0	2.647	0.815
Serine	g	0.831	0	2.294	0.706
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13082 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	42.64		0	118.97	36.24	
Energy	kcal	409		0	1141	348	
Energy	kj	1711		0	4774	1454	
Protein (N x 5.95)	g	22.21		0	61.97	18.88	
Total lipid (fat)	g	34.82		0	97.15	29.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.48	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	2.14		0	5.97	1.82	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	172		0	480	146	
Potassium	mg	299		0	834	254	
Sodium	mg	64		0	179	54	
Zinc	mg	5.27		0	14.70	4.48	
Copper	mg	0.082		0	0.229	0.070	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.195	0.060	
Riboflavin	mg	0.170		0	0.474	0.145	
Niacin	mg	3.340		0	9.319	2.839	
Pantothenic acid	mg	0.360		0	1.004	0.306	
Vitamin B-6	mg	0.260		0	0.725	0.221	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.53		0	7.06	2.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.410		0	40.204	12.248	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.251	0.077	
12:0	g	0.080		0	0.223	0.068	
14:0	g	1.140		0	3.181	0.969	
15.0	g						
16:0	g	8.620		0	24.050	7.327	
17:0	g						
18:0	g	4.190		0	11.690	3.562	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.170	0	42.324	12.895
14:1	g				
16:1	g	1.420	0	3.962	1.207
18:1	g	13.480	0	37.609	11.458
20:1	g	0.060	0	0.167	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.210	0	3.376	1.028
18:2	g	0.810	0	2.260	0.689
18:3	g	0.340	0	0.949	0.289
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.112	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	237	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.249	0	0.695	0.212
Threonine	g	0.970	0	2.706	0.825
Isoleucine	g	0.998	0	2.784	0.848
Leucine	g	1.755	0	4.896	1.492
Lysine	g	1.848	0	5.156	1.571
Methionine	g	0.568	0	1.585	0.483
Cystine	g	0.249	0	0.695	0.212
Phenylalanine	g	0.867	0	2.419	0.737
Tyrosine	g	0.746	0	2.081	0.634
Valine	g	1.080	0	3.013	0.918
Arginine	g	1.403	0	3.914	1.193
Histidine	g	0.760	0	2.120	0.646
Alanine	g	1.340	0	3.739	1.139
Aspartic acid	g	2.029	0	5.661	1.725
Glutamic acid	g	3.336	0	9.307	2.836
Glycine	g	1.212	0	3.381	1.030
Proline	g	0.981	0	2.737	0.834
Serine	g	0.849	0	2.369	0.722
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13083 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 41% Bone 16%, separable fat 25%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.13		0	19.60	313.57	
Energy	kcal	160		0	45	726	
Energy	kj	669		0	190	3035	
Protein (N x 5.95)	g	19.83		0	5.62	89.95	
Total lipid (fat)	g	8.34		0	2.36	37.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	353		0	100	1601	
Sodium	mg	65		0	18	295	
Zinc	mg	4.81		0	1.36	21.82	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg	17.1	1.411	19	4.8	77.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.350		0	0.950	15.196	
Pantothenic acid	mg	0.380		0	0.108	1.724	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.36		0	0.95	15.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.350		0	0.950	15.196	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.250		0	0.071	1.134	
15.0	g						
16:0	g	2.000		0	0.567	9.072	
17:0	g						
18:0	g	1.090		0	0.309	4.944	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.420	0	0.970	15.513
14:1	g				
16:1	g	0.310	0	0.088	1.406
18:1	g	3.100	0	0.879	14.062
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.300	0	0.085	1.361
18:2	g	0.250	0	0.071	1.134
18:3	g	0.020	0	0.006	0.091
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.866	0	0.246	3.928
Isoleucine	g	0.891	0	0.253	4.042
Leucine	g	1.567	0	0.444	7.108
Lysine	g	1.650	0	0.468	7.484
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.774	0	0.219	3.511
Tyrosine	g	0.666	0	0.189	3.021
Valine	g	0.964	0	0.273	4.373
Arginine	g	1.253	0	0.355	5.684
Histidine	g	0.679	0	0.192	3.080
Alanine	g	1.196	0	0.339	5.425
Aspartic acid	g	1.811	0	0.513	8.215
Glutamic acid	g	2.979	0	0.845	13.513
Glycine	g	1.082	0	0.307	4.908
Proline	g	0.876	0	0.248	3.974
Serine	g	0.758	0	0.215	3.438
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13084 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 42% 21% bone, 21% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.44		0	115.13	49.67	
Energy	kcal	223		0	439	190	
Energy	kj	933		0	1838	793	
Protein (N x 5.95)	g	26.34		0	51.89	22.39	
Total lipid (fat)	g	12.22		0	24.07	10.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.42	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	22	9	
Iron	mg	2.57		0	5.06	2.18	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	213		0	420	181	
Potassium	mg	381		0	751	324	
Sodium	mg	71		0	140	60	
Zinc	mg	6.57		0	12.94	5.58	
Copper	mg	0.094		0	0.185	0.080	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.177	0.077	
Riboflavin	mg	0.200		0	0.394	0.170	
Niacin	mg	3.840		0	7.565	3.264	
Pantothenic acid	mg	0.380		0	0.749	0.323	
Vitamin B-6	mg	0.320		0	0.630	0.272	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.32		0	6.54	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.970		0	9.791	4.224	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.380		0	0.749	0.323	
15.0	g						
16:0	g	2.960		0	5.831	2.516	
17:0	g						
18:0	g	1.610		0	3.172	1.369	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.030	0	9.909	4.276
14:1	g				
16:1	g	0.460	0	0.906	0.391
18:1	g	4.550	0	8.963	3.868
20:1	g	0.010	0	0.020	0.009
22.1	g				
Polyunsaturated, total	g	0.420	0	0.827	0.357
18:2	g	0.330	0	0.650	0.281
18:3	g	0.040	0	0.079	0.034
18:4	g				
20:4	g	0.040	0	0.079	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	152	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.581	0.251
Threonine	g	1.151	0	2.267	0.978
Isoleucine	g	1.184	0	2.332	1.006
Leucine	g	2.082	0	4.102	1.770
Lysine	g	2.192	0	4.318	1.863
Methionine	g	0.674	0	1.328	0.573
Cystine	g	0.295	0	0.581	0.251
Phenylalanine	g	1.028	0	2.025	0.874
Tyrosine	g	0.885	0	1.743	0.752
Valine	g	1.281	0	2.524	1.089
Arginine	g	1.665	0	3.280	1.415
Histidine	g	0.902	0	1.777	0.767
Alanine	g	1.589	0	3.130	1.351
Aspartic acid	g	2.407	0	4.742	2.046
Glutamic acid	g	3.958	0	7.797	3.364
Glycine	g	1.437	0	2.831	1.221
Proline	g	1.163	0	2.291	0.989
Serine	g	1.007	0	1.984	0.856
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13085 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 41% 17% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 206g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.05		0	121.64	50.19	
Energy	kcal	229		0	472	195	
Energy	kj	958		0	1973	814	
Protein (N x 5.95)	g	27.25		0	56.13	23.16	
Total lipid (fat)	g	12.50		0	25.75	10.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	2.45	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	21	9	
Iron	mg	2.86		0	5.89	2.43	
Magnesium	mg	25		0	52	21	
Phosphorus	mg	214		0	441	182	
Potassium	mg	374		0	770	318	
Sodium	mg	72		0	148	61	
Zinc	mg	6.95		0	14.32	5.91	
Copper	mg	0.099		0	0.204	0.084	
Manganese	mg	0.016		0	0.033	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.165	0.068	
Riboflavin	mg	0.210		0	0.433	0.179	
Niacin	mg	4.160		0	8.570	3.536	
Pantothenic acid	mg	0.380		0	0.783	0.323	
Vitamin B-6	mg	0.270		0	0.556	0.230	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	2.91		0	5.99	2.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.980		0	10.259	4.233	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.010		0	0.021	0.009	
14:0	g	0.380		0	0.783	0.323	
15.0	g						
16:0	g	2.950		0	6.077	2.508	
17:0	g						
18:0	g	1.630		0	3.358	1.385	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.280	0	10.877	4.488
14:1	g				
16:1	g	0.460	0	0.948	0.391
18:1	g	4.810	0	9.909	4.088
20:1	g	0.010	0	0.021	0.009
22.1	g				
Polyunsaturated, total	g	0.380	0	0.783	0.323
18:2	g	0.310	0	0.639	0.264
18:3	g	0.040	0	0.082	0.034
18:4	g				
20:4	g	0.030	0	0.062	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	165	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.628	0.259
Threonine	g	1.190	0	2.451	1.011
Isoleucine	g	1.225	0	2.524	1.041
Leucine	g	2.154	0	4.437	1.831
Lysine	g	2.267	0	4.670	1.927
Methionine	g	0.698	0	1.438	0.593
Cystine	g	0.305	0	0.628	0.259
Phenylalanine	g	1.064	0	2.192	0.904
Tyrosine	g	0.916	0	1.887	0.779
Valine	g	1.325	0	2.729	1.126
Arginine	g	1.722	0	3.547	1.464
Histidine	g	0.933	0	1.922	0.793
Alanine	g	1.644	0	3.387	1.397
Aspartic acid	g	2.490	0	5.129	2.117
Glutamic acid	g	4.094	0	8.434	3.480
Glycine	g	1.487	0	3.063	1.264
Proline	g	1.203	0	2.478	1.023
Serine	g	1.042	0	2.147	0.886
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13086 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 43% Bone 16%, separable fat 27%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.34		0	19.37	309.99	
Energy	kcal	170		0	48	771	
Energy	kj	711		0	202	3225	
Protein (N x 5.95)	g	19.83		0	5.62	89.95	
Total lipid (fat)	g	9.43		0	2.67	42.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	354		0	100	1606	
Sodium	mg	65		0	18	295	
Zinc	mg	4.80		0	1.36	21.77	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.360		0	0.953	15.241	
Pantothenic acid	mg	0.380		0	0.108	1.724	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.37		0	0.96	15.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.780		0	1.072	17.146	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.280		0	0.079	1.270	
15.0	g						
16:0	g	2.260		0	0.641	10.251	
17:0	g						
18:0	g	1.230		0	0.349	5.579	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.880	0	1.100	17.600
14:1	g				
16:1	g	0.350	0	0.099	1.588
18:1	g	3.510	0	0.995	15.921
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.340	0	0.096	1.542
18:2	g	0.280	0	0.079	1.270
18:3	g	0.020	0	0.006	0.091
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.866	0	0.246	3.928
Isoleucine	g	0.892	0	0.253	4.046
Leucine	g	1.568	0	0.445	7.112
Lysine	g	1.650	0	0.468	7.484
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.774	0	0.219	3.511
Tyrosine	g	0.666	0	0.189	3.021
Valine	g	0.965	0	0.274	4.377
Arginine	g	1.253	0	0.355	5.684
Histidine	g	0.679	0	0.192	3.080
Alanine	g	1.196	0	0.339	5.425
Aspartic acid	g	1.812	0	0.514	8.219
Glutamic acid	g	2.980	0	0.845	13.517
Glycine	g	1.082	0	0.307	4.908
Proline	g	0.876	0	0.248	3.974
Serine	g	0.758	0	0.215	3.438
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13087 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 43% 21% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.44		0	111.43	48.82	
Energy	kcal	237		0	460	201	
Energy	kj	992		0	1924	843	
Protein (N x 5.95)	g	26.34		0	51.10	22.39	
Total lipid (fat)	g	13.81		0	26.79	11.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.39	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	21	9	
Iron	mg	2.57		0	4.99	2.18	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	213		0	413	181	
Potassium	mg	381		0	739	324	
Sodium	mg	71		0	138	60	
Zinc	mg	6.57		0	12.75	5.58	
Copper	mg	0.094		0	0.182	0.080	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.175	0.077	
Riboflavin	mg	0.200		0	0.388	0.170	
Niacin	mg	3.840		0	7.450	3.264	
Pantothenic acid	mg	0.380		0	0.737	0.323	
Vitamin B-6	mg	0.320		0	0.621	0.272	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.32		0	6.44	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.620		0	10.903	4.777	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.039	0.017	
12:0	g	0.020		0	0.039	0.017	
14:0	g	0.430		0	0.834	0.366	
15.0	g						
16:0	g	3.340		0	6.480	2.839	
17:0	g						
18:0	g	1.820		0	3.531	1.547	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.680	0	11.019	4.828
14:1	g				
16:1	g	0.530	0	1.028	0.451
18:1	g	5.150	0	9.991	4.378
20:1	g	0.010	0	0.019	0.009
22.1	g				
Polyunsaturated, total	g	0.470	0	0.912	0.400
18:2	g	0.380	0	0.737	0.323
18:3	g	0.050	0	0.097	0.043
18:4	g				
20:4	g	0.050	0	0.097	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	149	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.572	0.251
Threonine	g	1.151	0	2.233	0.978
Isoleucine	g	1.184	0	2.297	1.006
Leucine	g	2.082	0	4.039	1.770
Lysine	g	2.192	0	4.252	1.863
Methionine	g	0.674	0	1.308	0.573
Cystine	g	0.295	0	0.572	0.251
Phenylalanine	g	1.028	0	1.994	0.874
Tyrosine	g	0.885	0	1.717	0.752
Valine	g	1.281	0	2.485	1.089
Arginine	g	1.665	0	3.230	1.415
Histidine	g	0.902	0	1.750	0.767
Alanine	g	1.589	0	3.083	1.351
Aspartic acid	g	2.407	0	4.670	2.046
Glutamic acid	g	3.958	0	7.679	3.364
Glycine	g	1.437	0	2.788	1.221
Proline	g	1.163	0	2.256	0.989
Serine	g	1.007	0	1.954	0.856
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 42% 17% bone, 25% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 203g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.87		0	117.48	49.19	
Energy	kcal	243		0	493	207	
Energy	kj	1017		0	2065	864	
Protein (N x 5.95)	g	27.25		0	55.32	23.16	
Total lipid (fat)	g	14.03		0	28.48	11.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	2.42	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	20	9	
Iron	mg	2.86		0	5.81	2.43	
Magnesium	mg	25		0	51	21	
Phosphorus	mg	214		0	434	182	
Potassium	mg	374		0	759	318	
Sodium	mg	72		0	146	61	
Zinc	mg	6.95		0	14.11	5.91	
Copper	mg	0.099		0	0.201	0.084	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.162	0.068	
Riboflavin	mg	0.210		0	0.426	0.179	
Niacin	mg	4.160		0	8.445	3.536	
Pantothenic acid	mg	0.380		0	0.771	0.323	
Vitamin B-6	mg	0.270		0	0.548	0.230	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	2.91		0	5.91	2.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.284	0.119	
Lipids:							
Saturated, total	g	5.600		0	11.368	4.760	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.430		0	0.873	0.366	
15.0	g						
16:0	g	3.320		0	6.740	2.822	
17:0	g						
18:0	g	1.830		0	3.715	1.556	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940	0	12.058	5.049
14:1	g				
16:1	g	0.530	0	1.076	0.451
18:1	g	5.390	0	10.942	4.582
20:1	g	0.010	0	0.020	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.430	0	0.873	0.366
18:2	g	0.340	0	0.690	0.289
18:3	g	0.050	0	0.102	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.061	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	162	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.619	0.259
Threonine	g	1.190	0	2.416	1.011
Isoleucine	g	1.225	0	2.487	1.041
Leucine	g	2.154	0	4.373	1.831
Lysine	g	2.267	0	4.602	1.927
Methionine	g	0.698	0	1.417	0.593
Cystine	g	0.305	0	0.619	0.259
Phenylalanine	g	1.064	0	2.160	0.904
Tyrosine	g	0.916	0	1.859	0.779
Valine	g	1.325	0	2.690	1.126
Arginine	g	1.722	0	3.496	1.464
Histidine	g	0.933	0	1.894	0.793
Alanine	g	1.644	0	3.337	1.397
Aspartic acid	g	2.489	0	5.053	2.116
Glutamic acid	g	4.094	0	8.311	3.480
Glycine	g	1.487	0	3.019	1.264
Proline	g	1.203	0	2.442	1.023
Serine	g	1.042	0	2.115	0.886
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13089 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 40% Bone 16%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.91		0	20.10	321.65	
Energy	kcal	148		0	42	671	
Energy	kj	619		0	175	2808	
Protein (N x 5.95)	g	19.83		0	5.62	89.95	
Total lipid (fat)	g	7.03		0	1.99	31.89	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	354		0	100	1606	
Sodium	mg	65		0	18	295	
Zinc	mg	4.80		0	1.36	21.77	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.360		0	0.953	15.241	
Pantothenic acid	mg	0.380		0	0.108	1.724	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.37		0	0.96	15.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.820		0	0.799	12.792	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.210		0	0.060	0.953	
15.0	g						
16:0	g	1.680		0	0.476	7.620	
17:0	g						
18:0	g	0.920		0	0.261	4.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.890	0	0.819	13.109
14:1	g				
16:1	g	0.260	0	0.074	1.179
18:1	g	2.620	0	0.743	11.884
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.250	0	0.071	1.134
18:2	g	0.210	0	0.060	0.953
18:3	g	0.020	0	0.006	0.091
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.866	0	0.246	3.928
Isoleucine	g	0.892	0	0.253	4.046
Leucine	g	1.568	0	0.445	7.112
Lysine	g	1.650	0	0.468	7.484
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.774	0	0.219	3.511
Tyrosine	g	0.666	0	0.189	3.021
Valine	g	0.965	0	0.274	4.377
Arginine	g	1.254	0	0.356	5.688
Histidine	g	0.679	0	0.192	3.080
Alanine	g	1.196	0	0.339	5.425
Aspartic acid	g	1.812	0	0.514	8.219
Glutamic acid	g	2.980	0	0.845	13.517
Glycine	g	1.082	0	0.307	4.908
Proline	g	0.876	0	0.248	3.974
Serine	g	0.758	0	0.215	3.438
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13090 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 41% 22% bone, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.92		0	120.44	50.93	
Energy	kcal	206		0	414	175	
Energy	kj	862		0	1733	733	
Protein (N x 5.95)	g	26.33		0	52.92	22.38	
Total lipid (fat)	g	10.42		0	20.94	8.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.47	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	22	9	
Iron	mg	2.57		0	5.17	2.18	
Magnesium	mg	25		0	50	21	
Phosphorus	mg	213		0	428	181	
Potassium	mg	381		0	766	324	
Sodium	mg	71		0	143	60	
Zinc	mg	6.57		0	13.21	5.58	
Copper	mg	0.094		0	0.189	0.080	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.181	0.077	
Riboflavin	mg	0.200		0	0.402	0.170	
Niacin	mg	3.840		0	7.718	3.264	
Pantothenic acid	mg	0.380		0	0.764	0.323	
Vitamin B-6	mg	0.320		0	0.643	0.272	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.32		0	6.67	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.230		0	8.502	3.595	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.320		0	0.643	0.272	
15.0	g						
16:0	g	2.510		0	5.045	2.133	
17:0	g						
18:0	g	1.380		0	2.774	1.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.250	0	8.543	3.612
14:1	g				
16:1	g	0.380	0	0.764	0.323
18:1	g	3.860	0	7.759	3.281
20:1	g	0.010	0	0.020	0.009
22.1	g				
Polyunsaturated, total	g	0.360	0	0.724	0.306
18:2	g	0.300	0	0.603	0.255
18:3	g	0.020	0	0.040	0.017
18:4	g				
20:4	g	0.040	0	0.080	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	155	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.593	0.251
Threonine	g	1.150	0	2.311	0.977
Isoleucine	g	1.184	0	2.380	1.006
Leucine	g	2.081	0	4.183	1.769
Lysine	g	2.191	0	4.404	1.862
Methionine	g	0.674	0	1.355	0.573
Cystine	g	0.295	0	0.593	0.251
Phenylalanine	g	1.028	0	2.066	0.874
Tyrosine	g	0.885	0	1.779	0.752
Valine	g	1.281	0	2.575	1.089
Arginine	g	1.664	0	3.345	1.414
Histidine	g	0.902	0	1.813	0.767
Alanine	g	1.588	0	3.192	1.350
Aspartic acid	g	2.406	0	4.836	2.045
Glutamic acid	g	3.956	0	7.952	3.363
Glycine	g	1.437	0	2.888	1.221
Proline	g	1.163	0	2.338	0.989
Serine	g	1.007	0	2.024	0.856
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13091 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 39% 17% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 213g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.34		0	128.52	51.29	
Energy	kcal	213		0	454	181	
Energy	kj	891		0	1898	757	
Protein (N x 5.95)	g	27.25		0	58.04	23.16	
Total lipid (fat)	g	10.73		0	22.85	9.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	2.53	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	21	9	
Iron	mg	2.86		0	6.09	2.43	
Magnesium	mg	25		0	53	21	
Phosphorus	mg	214		0	456	182	
Potassium	mg	374		0	797	318	
Sodium	mg	72		0	153	61	
Zinc	mg	6.95		0	14.80	5.91	
Copper	mg	0.099		0	0.211	0.084	
Manganese	mg	0.016		0	0.034	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.170	0.068	
Riboflavin	mg	0.210		0	0.447	0.179	
Niacin	mg	4.160		0	8.861	3.536	
Pantothenic acid	mg	0.380		0	0.809	0.323	
Vitamin B-6	mg	0.270		0	0.575	0.230	
Folate	µg	8		0	17	7	
Vitamin B-12	µg	2.90		0	6.18	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.260		0	9.074	3.621	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.010		0	0.021	0.009	
14:0	g	0.320		0	0.682	0.272	
15.0	g						
16:0	g	2.520		0	5.368	2.142	
17:0	g						
18:0	g	1.400		0	2.982	1.190	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.530	0	9.649	3.851
14:1	g				
16:1	g	0.390	0	0.831	0.331
18:1	g	4.140	0	8.818	3.519
20:1	g	0.010	0	0.021	0.009
22.1	g				
Polyunsaturated, total	g	0.320	0	0.682	0.272
18:2	g	0.270	0	0.575	0.230
18:3	g	0.030	0	0.064	0.026
18:4	g				
20:4	g	0.030	0	0.064	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	170	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.650	0.259
Threonine	g	1.190	0	2.535	1.011
Isoleucine	g	1.225	0	2.609	1.041
Leucine	g	2.154	0	4.588	1.831
Lysine	g	2.267	0	4.829	1.927
Methionine	g	0.698	0	1.487	0.593
Cystine	g	0.305	0	0.650	0.259
Phenylalanine	g	1.064	0	2.266	0.904
Tyrosine	g	0.916	0	1.951	0.779
Valine	g	1.325	0	2.822	1.126
Arginine	g	1.722	0	3.668	1.464
Histidine	g	0.933	0	1.987	0.793
Alanine	g	1.644	0	3.502	1.397
Aspartic acid	g	2.490	0	5.304	2.117
Glutamic acid	g	4.094	0	8.720	3.480
Glycine	g	1.487	0	3.167	1.264
Proline	g	1.203	0	2.562	1.023
Serine	g	1.042	0	2.219	0.886
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 44% Bone 15%, separable fat 29%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.04		0	18.72	299.56	
Energy	kcal	206		0	58	934	
Energy	kj	862		0	244	3910	
Protein (N x 5.95)	g	19.83		0	5.62	89.95	
Total lipid (fat)	g	13.45		0	3.81	61.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	354		0	100	1606	
Sodium	mg	65		0	18	295	
Zinc	mg	4.80		0	1.36	21.77	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.160		0	0.045	0.726	
Niacin	mg	3.360		0	0.953	15.241	
Pantothenic acid	mg	0.380		0	0.108	1.724	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.37		0	0.96	15.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.690		0	1.613	25.810	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.400		0	0.113	1.814	
15.0	g						
16:0	g	3.220		0	0.913	14.606	
17:0	g						
18:0	g	1.760		0	0.499	7.983	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.800	0	1.644	26.309
14:1	g				
16:1	g	0.500	0	0.142	2.268
18:1	g	5.020	0	1.423	22.771
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.500	0	0.142	2.268
18:2	g	0.400	0	0.113	1.814
18:3	g	0.040	0	0.011	0.181
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.866	0	0.246	3.928
Isoleucine	g	0.892	0	0.253	4.046
Leucine	g	1.568	0	0.445	7.112
Lysine	g	1.650	0	0.468	7.484
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.774	0	0.219	3.511
Tyrosine	g	0.666	0	0.189	3.021
Valine	g	0.965	0	0.274	4.377
Arginine	g	1.253	0	0.355	5.684
Histidine	g	0.679	0	0.192	3.080
Alanine	g	1.196	0	0.339	5.425
Aspartic acid	g	1.812	0	0.514	8.219
Glutamic acid	g	2.980	0	0.845	13.517
Glycine	g	1.082	0	0.307	4.908
Proline	g	0.876	0	0.248	3.974
Serine	g	0.758	0	0.215	3.438
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13093 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 42% 19% bone, 23% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.35		0	107.07	46.20	
Energy	kcal	280		0	552	238	
Energy	kj	1172		0	2309	996	
Protein (N x 5.95)	g	26.03		0	51.28	22.13	
Total lipid (fat)	g	18.70		0	36.84	15.89	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.25	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	20	9	
Iron	mg	2.52		0	4.96	2.14	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	203		0	400	173	
Potassium	mg	379		0	747	322	
Sodium	mg	70		0	138	60	
Zinc	mg	6.55		0	12.90	5.57	
Copper	mg	0.093		0	0.183	0.079	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.177	0.077	
Riboflavin	mg	0.210		0	0.414	0.179	
Niacin	mg	3.780		0	7.447	3.213	
Pantothenic acid	mg	0.380		0	0.749	0.323	
Vitamin B-6	mg	0.350		0	0.689	0.298	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.28		0	6.46	2.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.980		0	15.721	6.783	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.020		0	0.039	0.017	
14:0	g	0.590		0	1.162	0.501	
15.0	g						
16:0	g	4.480		0	8.826	3.808	
17:0	g						
18:0	g	2.510		0	4.945	2.133	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.250	0	16.253	7.013
14:1	g				
16:1	g	0.650	0	1.281	0.553
18:1	g	7.290	0	14.361	6.196
20:1	g	0.020	0	0.039	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.560	0	1.103	0.476
18:2	g	0.450	0	0.887	0.383
18:3	g	0.040	0	0.079	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.099	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	160	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.573	0.247
Threonine	g	1.137	0	2.240	0.966
Isoleucine	g	1.170	0	2.305	0.995
Leucine	g	2.057	0	4.052	1.748
Lysine	g	2.165	0	4.265	1.840
Methionine	g	0.666	0	1.312	0.566
Cystine	g	0.291	0	0.573	0.247
Phenylalanine	g	1.016	0	2.002	0.864
Tyrosine	g	0.874	0	1.722	0.743
Valine	g	1.266	0	2.494	1.076
Arginine	g	1.645	0	3.241	1.398
Histidine	g	0.891	0	1.755	0.757
Alanine	g	1.570	0	3.093	1.335
Aspartic acid	g	2.378	0	4.685	2.021
Glutamic acid	g	3.910	0	7.703	3.324
Glycine	g	1.420	0	2.797	1.207
Proline	g	1.149	0	2.264	0.977
Serine	g	0.995	0	1.960	0.846
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13094 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 44% 20% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.05		0	104.51	45.09	
Energy	kcal	292		0	575	248	
Energy	kj	1222		0	2407	1039	
Protein (N x 5.95)	g	27.21		0	53.60	23.13	
Total lipid (fat)	g	19.46		0	38.34	16.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.13	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	20	9	
Iron	mg	2.61		0	5.14	2.22	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	213		0	420	181	
Potassium	mg	376		0	741	320	
Sodium	mg	74		0	146	63	
Zinc	mg	6.94		0	13.67	5.90	
Copper	mg	0.098		0	0.193	0.083	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.158	0.068	
Riboflavin	mg	0.210		0	0.414	0.179	
Niacin	mg	4.110		0	8.097	3.494	
Pantothenic acid	mg	0.440		0	0.867	0.374	
Vitamin B-6	mg	0.300		0	0.591	0.255	
Folate	µg	9		0	18	8	
Vitamin B-12	µg	2.92		0	5.75	2.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.310		0	16.371	7.064	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.610		0	1.202	0.518	
15.0	g						
16:0	g	4.660		0	9.180	3.961	
17:0	g						
18:0	g	2.600		0	5.122	2.210	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.560	0	16.863	7.276
14:1	g				
16:1	g	0.680	0	1.340	0.578
18:1	g	7.560	0	14.893	6.426
20:1	g	0.010	0	0.020	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.162	0.501
18:2	g	0.460	0	0.906	0.391
18:3	g	0.040	0	0.079	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.099	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	160	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.601	0.259
Threonine	g	1.188	0	2.340	1.010
Isoleucine	g	1.223	0	2.409	1.040
Leucine	g	2.150	0	4.235	1.827
Lysine	g	2.264	0	4.460	1.924
Methionine	g	0.697	0	1.373	0.592
Cystine	g	0.305	0	0.601	0.259
Phenylalanine	g	1.062	0	2.092	0.903
Tyrosine	g	0.914	0	1.801	0.777
Valine	g	1.323	0	2.606	1.125
Arginine	g	1.720	0	3.388	1.462
Histidine	g	0.932	0	1.836	0.792
Alanine	g	1.641	0	3.233	1.395
Aspartic acid	g	2.486	0	4.897	2.113
Glutamic acid	g	4.088	0	8.053	3.475
Glycine	g	1.484	0	2.923	1.261
Proline	g	1.201	0	2.366	1.021
Serine	g	1.040	0	2.049	0.884
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13095 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	58.03		0	16.45	263.22	
Energy	kcal	274		0	78	1243	
Energy	kj	1146		0	325	5198	
Protein (N x 5.95)	g	17.51		0	4.96	79.43	
Total lipid (fat)	g	22.07		0	6.26	100.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	0.24	3.86	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.87		0	0.53	8.48	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	168		0	48	762	
Potassium	mg	305		0	86	1383	
Sodium	mg	56		0	16	254	
Zinc	mg	3.85		0	1.09	17.46	
Copper	mg	0.060		0	0.017	0.272	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.230		0	0.916	14.651	
Pantothenic acid	mg	0.290		0	0.082	1.315	
Vitamin B-6	mg	0.360		0	0.102	1.633	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	3.11		0	0.88	14.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.000		0	2.551	40.824	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.710		0	0.201	3.221	
15.0	g						
16:0	g	5.410		0	1.534	24.540	
17:0	g						
18:0	g	2.760		0	0.782	12.519	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.580	0	2.716	43.455
14:1	g				
16:1	g	1.080	0	0.306	4.899
18:1	g	8.470	0	2.401	38.420
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.770	0	0.218	3.493
18:2	g	0.510	0	0.145	2.313
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.889
Threonine	g	0.765	0	0.217	3.470
Isoleucine	g	0.787	0	0.223	3.570
Leucine	g	1.384	0	0.392	6.278
Lysine	g	1.457	0	0.413	6.609
Methionine	g	0.448	0	0.127	2.032
Cystine	g	0.196	0	0.056	0.889
Phenylalanine	g	0.684	0	0.194	3.103
Tyrosine	g	0.588	0	0.167	2.667
Valine	g	0.852	0	0.242	3.865
Arginine	g	1.107	0	0.314	5.021
Histidine	g	0.600	0	0.170	2.722
Alanine	g	1.056	0	0.299	4.790
Aspartic acid	g	1.600	0	0.454	7.258
Glutamic acid	g	2.631	0	0.746	11.934
Glycine	g	0.955	0	0.271	4.332
Proline	g	0.773	0	0.219	3.506
Serine	g	0.670	0	0.190	3.039
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 6% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 337g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.48		0	173.49	43.76	
Energy	kcal	307		0	1035	261	
Energy	kj	1284		0	4327	1091	
Protein (N x 5.95)	g	24.91		0	83.95	21.17	
Total lipid (fat)	g	22.25		0	74.98	18.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.67	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	44	11	
Iron	mg	2.30		0	7.75	1.95	
Magnesium	mg	23		0	78	20	
Phosphorus	mg	184		0	620	156	
Potassium	mg	344		0	1159	292	
Sodium	mg	64		0	216	54	
Zinc	mg	5.98		0	20.15	5.08	
Copper	mg	0.090		0	0.303	0.077	
Manganese	mg	0.014		0	0.047	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.303	0.077	
Riboflavin	mg	0.190		0	0.640	0.161	
Niacin	mg	4.220		0	14.221	3.587	
Pantothenic acid	mg	0.310		0	1.045	0.264	
Vitamin B-6	mg	0.350		0	1.180	0.298	
Folate	µg	7		0	24	6	
Vitamin B-12	µg	3.01		0	10.14	2.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.010		0	30.364	7.659	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.202	0.051	
12:0	g	0.050		0	0.169	0.043	
14:0	g	0.720		0	2.426	0.612	
15.0	g						
16:0	g	5.490		0	18.501	4.667	
17:0	g						
18:0	g	2.680		0	9.032	2.278	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.530	0	32.116	8.101
14:1	g				
16:1	g	0.890	0	2.999	0.757
18:1	g	8.610	0	29.016	7.318
20:1	g	0.030	0	0.101	0.026
22.1	g				
Polyunsaturated, total	g	0.750	0	2.527	0.637
18:2	g	0.520	0	1.752	0.442
18:3	g	0.200	0	0.674	0.170
18:4	g				
20:4	g	0.030	0	0.101	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	280	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.940	0.237
Threonine	g	1.088	0	3.667	0.925
Isoleucine	g	1.120	0	3.774	0.952
Leucine	g	1.969	0	6.636	1.674
Lysine	g	2.072	0	6.983	1.761
Methionine	g	0.638	0	2.150	0.542
Cystine	g	0.279	0	0.940	0.237
Phenylalanine	g	0.972	0	3.276	0.826
Tyrosine	g	0.837	0	2.821	0.711
Valine	g	1.212	0	4.084	1.030
Arginine	g	1.574	0	5.304	1.338
Histidine	g	0.853	0	2.875	0.725
Alanine	g	1.502	0	5.062	1.277
Aspartic acid	g	2.276	0	7.670	1.935
Glutamic acid	g	3.742	0	12.611	3.181
Glycine	g	1.359	0	4.580	1.155
Proline	g	1.100	0	3.707	0.935
Serine	g	0.952	0	3.208	0.809
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13097 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 25% Connective tissue 4%, separable fat 21%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.70		0	19.48	311.62	
Energy	kcal	161		0	46	730	
Energy	kj	674		0	191	3057	
Protein (N x 5.95)	g	20.13		0	5.71	91.31	
Total lipid (fat)	g	8.30		0	2.35	37.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	2.18		0	0.62	9.89	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	196		0	56	889	
Potassium	mg	373		0	106	1692	
Sodium	mg	63		0	18	286	
Zinc	mg	4.66		0	1.32	21.14	
Copper	mg	0.067		0	0.019	0.304	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.150		0	0.043	0.680	
Niacin	mg	3.740		0	1.060	16.965	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.420		0	0.119	1.905	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.57		0	1.01	16.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.230		0	0.916	14.651	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.240		0	0.068	1.089	
15.0	g						
16:0	g	1.930		0	0.547	8.754	
17:0	g						
18:0	g	1.060		0	0.301	4.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.560	0	1.009	16.148
14:1	g				
16:1	g	0.290	0	0.082	1.315
18:1	g	3.260	0	0.924	14.787
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.270	0	0.077	1.225
18:2	g	0.240	0	0.068	1.089
18:3	g	0.010	0	0.003	0.045
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.064	1.021
Threonine	g	0.879	0	0.249	3.987
Isoleucine	g	0.905	0	0.257	4.105
Leucine	g	1.591	0	0.451	7.217
Lysine	g	1.675	0	0.475	7.598
Methionine	g	0.515	0	0.146	2.336
Cystine	g	0.225	0	0.064	1.021
Phenylalanine	g	0.786	0	0.223	3.565
Tyrosine	g	0.676	0	0.192	3.066
Valine	g	0.979	0	0.278	4.441
Arginine	g	1.272	0	0.361	5.770
Histidine	g	0.689	0	0.195	3.125
Alanine	g	1.214	0	0.344	5.507
Aspartic acid	g	1.839	0	0.521	8.342
Glutamic acid	g	3.025	0	0.858	13.721
Glycine	g	1.098	0	0.311	4.981
Proline	g	0.889	0	0.252	4.033
Serine	g	0.770	0	0.218	3.493
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 23% 6% connective tissue, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.70		0	162.01	49.90	
Energy	kcal	225		0	621	191	
Energy	kj	941		0	2597	800	
Protein (N x 5.95)	g	28.04		0	77.39	23.83	
Total lipid (fat)	g	11.70		0	32.29	9.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	3.39	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	2.57		0	7.09	2.18	
Magnesium	mg	27		0	75	23	
Phosphorus	mg	208		0	574	177	
Potassium	mg	394		0	1087	335	
Sodium	mg	69		0	190	59	
Zinc	mg	6.99		0	19.29	5.94	
Copper	mg	0.100		0	0.276	0.085	
Manganese	mg	0.016		0	0.044	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.276	0.085	
Riboflavin	mg	0.220		0	0.607	0.187	
Niacin	mg	4.800		0	13.248	4.080	
Pantothenic acid	mg	0.340		0	0.938	0.289	
Vitamin B-6	mg	0.400		0	1.104	0.340	
Folate	µg	8		0	22	7	
Vitamin B-12	µg	3.32		0	9.16	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.730		0	13.055	4.021	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.028	0.009	
12:0	g	0.010		0	0.028	0.009	
14:0	g	0.370		0	1.021	0.315	
15.0	g						
16:0	g	2.800		0	7.728	2.380	
17:0	g						
18:0	g	1.540		0	4.250	1.309	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.940	0	13.634	4.199
14:1	g				
16:1	g	0.400	0	1.104	0.340
18:1	g	4.540	0	12.530	3.859
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.911	0.281
18:2	g	0.280	0	0.773	0.238
18:3	g	0.020	0	0.055	0.017
18:4	g				
20:4	g	0.030	0	0.083	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	221	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.867	0.267
Threonine	g	1.225	0	3.381	1.041
Isoleucine	g	1.261	0	3.480	1.072
Leucine	g	2.216	0	6.116	1.884
Lysine	g	2.333	0	6.439	1.983
Methionine	g	0.718	0	1.982	0.610
Cystine	g	0.314	0	0.867	0.267
Phenylalanine	g	1.095	0	3.022	0.931
Tyrosine	g	0.942	0	2.600	0.801
Valine	g	1.364	0	3.765	1.159
Arginine	g	1.772	0	4.891	1.506
Histidine	g	0.960	0	2.650	0.816
Alanine	g	1.691	0	4.667	1.437
Aspartic acid	g	2.561	0	7.068	2.177
Glutamic acid	g	4.212	0	11.625	3.580
Glycine	g	1.530	0	4.223	1.301
Proline	g	1.238	0	3.417	1.052
Serine	g	1.072	0	2.959	0.911
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13099 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.81		0	15.26	244.08	
Energy	kcal	323		0	92	1465	
Energy	kj	1351		0	383	6128	
Protein (N x 5.95)	g	16.09		0	4.56	72.98	
Total lipid (fat)	g	28.19		0	7.99	127.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.75		0	0.21	3.40	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.69		0	0.48	7.67	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	151		0	43	685	
Potassium	mg	256		0	73	1161	
Sodium	mg	55		0	16	249	
Zinc	mg	3.69		0	1.05	16.74	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.580		0	0.731	11.703	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.290		0	0.082	1.315	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.68		0	0.76	12.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.660		0	3.306	52.890	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.930		0	0.264	4.218	
15.0	g						
16:0	g	7.010		0	1.987	31.797	
17:0	g						
18:0	g	3.550		0	1.006	16.103	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.080	0	3.425	54.795
14:1	g				
16:1	g	1.440	0	0.408	6.532
18:1	g	10.600	0	3.005	48.082
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.030	0	0.292	4.672
18:2	g	0.650	0	0.184	2.948
18:3	g	0.350	0	0.099	1.588
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.180	0	0.051	0.816
Threonine	g	0.703	0	0.199	3.189
Isoleucine	g	0.723	0	0.205	3.280
Leucine	g	1.272	0	0.361	5.770
Lysine	g	1.339	0	0.380	6.074
Methionine	g	0.412	0	0.117	1.869
Cystine	g	0.180	0	0.051	0.816
Phenylalanine	g	0.628	0	0.178	2.849
Tyrosine	g	0.541	0	0.153	2.454
Valine	g	0.783	0	0.222	3.552
Arginine	g	1.017	0	0.288	4.613
Histidine	g	0.551	0	0.156	2.499
Alanine	g	0.971	0	0.275	4.404
Aspartic acid	g	1.470	0	0.417	6.668
Glutamic acid	g	2.418	0	0.686	10.968
Glycine	g	0.878	0	0.249	3.983
Proline	g	0.711	0	0.202	3.225
Serine	g	0.615	0	0.174	2.790
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13100 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.90		0	128.85	40.72	
Energy	kcal	347		0	933	295	
Energy	kj	1452		0	3906	1234	
Protein (N x 5.95)	g	21.25		0	57.16	18.06	
Total lipid (fat)	g	28.42		0	76.45	24.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	2.74	0.87	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.16		0	5.81	1.84	
Magnesium	mg	18		0	48	15	
Phosphorus	mg	179		0	482	152	
Potassium	mg	303		0	815	258	
Sodium	mg	64		0	172	54	
Zinc	mg	4.96		0	13.34	4.22	
Copper	mg	0.078		0	0.210	0.066	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.188	0.060	
Riboflavin	mg	0.160		0	0.430	0.136	
Niacin	mg	2.740		0	7.371	2.329	
Pantothenic acid	mg	0.340		0	0.915	0.289	
Vitamin B-6	mg	0.230		0	0.619	0.196	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.86		0	7.69	2.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.550		0	31.070	9.818	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.242	0.077	
12:0	g	0.080		0	0.215	0.068	
14:0	g	0.920		0	2.475	0.782	
15.0	g						
16:0	g	7.100		0	19.099	6.035	
17:0	g						
18:0	g	3.360		0	9.038	2.856	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.040	0	32.388	10.234
14:1	g				
16:1	g	1.230	0	3.309	1.045
18:1	g	10.760	0	28.944	9.146
20:1	g	0.060	0	0.161	0.051
22.1	g				
Polyunsaturated, total	g	1.070	0	2.878	0.910
18:2	g	0.710	0	1.910	0.603
18:3	g	0.320	0	0.861	0.272
18:4	g				
20:4	g	0.040	0	0.108	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	218	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.238	0	0.640	0.202
Threonine	g	0.928	0	2.496	0.789
Isoleucine	g	0.955	0	2.569	0.812
Leucine	g	1.679	0	4.517	1.427
Lysine	g	1.768	0	4.756	1.503
Methionine	g	0.544	0	1.463	0.462
Cystine	g	0.238	0	0.640	0.202
Phenylalanine	g	0.830	0	2.233	0.706
Tyrosine	g	0.714	0	1.921	0.607
Valine	g	1.034	0	2.781	0.879
Arginine	g	1.343	0	3.613	1.142
Histidine	g	0.728	0	1.958	0.619
Alanine	g	1.282	0	3.449	1.090
Aspartic acid	g	1.941	0	5.221	1.650
Glutamic acid	g	3.192	0	8.586	2.713
Glycine	g	1.159	0	3.118	0.985
Proline	g	0.938	0	2.523	0.797
Serine	g	0.813	0	2.187	0.691
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13101 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.85		0	137.27	39.82	
Energy	kcal	365		0	1069	310	
Energy	kj	1527		0	4474	1298	
Protein (N x 5.95)	g	22.64		0	66.34	19.24	
Total lipid (fat)	g	29.77		0	87.23	25.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.64	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.31		0	6.77	1.96	
Magnesium	mg	19		0	56	16	
Phosphorus	mg	170		0	498	145	
Potassium	mg	288		0	844	245	
Sodium	mg	64		0	188	54	
Zinc	mg	5.70		0	16.70	4.84	
Copper	mg	0.088		0	0.258	0.075	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.205	0.060	
Riboflavin	mg	0.180		0	0.527	0.153	
Niacin	mg	3.610		0	10.577	3.068	
Pantothenic acid	mg	0.360		0	1.055	0.306	
Vitamin B-6	mg	0.230		0	0.674	0.196	
Folate	µg	7		0	21	6	
Vitamin B-12	µg	2.32		0	6.80	1.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.674	0.196	
Lipids:							
Saturated, total	g	12.010		0	35.189	10.209	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.264	0.077	
12:0	g	0.080		0	0.234	0.068	
14:0	g	0.970		0	2.842	0.825	
15.0	g						
16:0	g	7.350		0	21.535	6.247	
17:0	g						
18:0	g	3.520		0	10.314	2.992	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.750	0	37.358	10.838
14:1	g				
16:1	g	1.240	0	3.633	1.054
18:1	g	11.450	0	33.548	9.732
20:1	g	0.060	0	0.176	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.040	0	3.047	0.884
18:2	g	0.690	0	2.022	0.587
18:3	g	0.320	0	0.938	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.088	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	249	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.744	0.216
Threonine	g	0.989	0	2.898	0.841
Isoleucine	g	1.018	0	2.983	0.865
Leucine	g	1.789	0	5.242	1.521
Lysine	g	1.883	0	5.517	1.601
Methionine	g	0.579	0	1.696	0.492
Cystine	g	0.254	0	0.744	0.216
Phenylalanine	g	0.884	0	2.590	0.751
Tyrosine	g	0.761	0	2.230	0.647
Valine	g	1.101	0	3.226	0.936
Arginine	g	1.431	0	4.193	1.216
Histidine	g	0.775	0	2.271	0.659
Alanine	g	1.365	0	3.999	1.160
Aspartic acid	g	2.068	0	6.059	1.758
Glutamic acid	g	3.401	0	9.965	2.891
Glycine	g	1.235	0	3.619	1.050
Proline	g	1.000	0	2.930	0.850
Serine	g	0.866	0	2.537	0.736
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13102 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	51.82		0	14.69	235.06	
Energy	kcal	345		0	98	1565	
Energy	kj	1443		0	409	6545	
Protein (N x 5.95)	g	15.75		0	4.47	71.44	
Total lipid (fat)	g	30.83		0	8.74	139.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73		0	0.21	3.31	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.65		0	0.47	7.48	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	147		0	42	667	
Potassium	mg	247		0	70	1120	
Sodium	mg	53		0	15	240	
Zinc	mg	3.57		0	1.01	16.19	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.530		0	0.717	11.476	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.280		0	0.079	1.270	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.63		0	0.75	11.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.760		0	3.617	57.879	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.110		0	0.031	0.499	
12:0	g	0.080		0	0.023	0.363	
14:0	g	1.020		0	0.289	4.627	
15.0	g						
16:0	g	7.660		0	2.172	34.746	
17:0	g						
18:0	g	3.880		0	1.100	17.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.220	0	3.748	59.966
14:1	g				
16:1	g	1.580	0	0.448	7.167
18:1	g	11.600	0	3.289	52.618
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.120	0	0.318	5.080
18:2	g	0.710	0	0.201	3.221
18:3	g	0.380	0	0.108	1.724
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	21	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.176	0	0.050	0.798
Threonine	g	0.688	0	0.195	3.121
Isoleucine	g	0.708	0	0.201	3.211
Leucine	g	1.245	0	0.353	5.647
Lysine	g	1.310	0	0.371	5.942
Methionine	g	0.403	0	0.114	1.828
Cystine	g	0.176	0	0.050	0.798
Phenylalanine	g	0.615	0	0.174	2.790
Tyrosine	g	0.529	0	0.150	2.400
Valine	g	0.766	0	0.217	3.475
Arginine	g	0.995	0	0.282	4.513
Histidine	g	0.539	0	0.153	2.445
Alanine	g	0.950	0	0.269	4.309
Aspartic acid	g	1.439	0	0.408	6.527
Glutamic acid	g	2.366	0	0.671	10.732
Glycine	g	0.859	0	0.244	3.896
Proline	g	0.695	0	0.197	3.153
Serine	g	0.602	0	0.171	2.731
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13103 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.24		0	124.39	39.30	
Energy	kcal	367		0	987	312	
Energy	kj	1536		0	4132	1306	
Protein (N x 5.95)	g	20.96		0	56.38	17.82	
Total lipid (fat)	g	30.79		0	82.83	26.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	2.69	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.13		0	5.73	1.81	
Magnesium	mg	18		0	48	15	
Phosphorus	mg	176		0	473	150	
Potassium	mg	298		0	802	253	
Sodium	mg	63		0	169	54	
Zinc	mg	4.87		0	13.10	4.14	
Copper	mg	0.077		0	0.207	0.065	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.188	0.060	
Riboflavin	mg	0.160		0	0.430	0.136	
Niacin	mg	2.710		0	7.290	2.304	
Pantothenic acid	mg	0.340		0	0.915	0.289	
Vitamin B-6	mg	0.230		0	0.619	0.196	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.82		0	7.59	2.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.510		0	33.652	10.633	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.242	0.077	
12:0	g	0.090		0	0.242	0.077	
14:0	g	1.000		0	2.690	0.850	
15.0	g						
16:0	g	7.690		0	20.686	6.537	
17:0	g						
18:0	g	3.640		0	9.792	3.094	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.040	0	35.078	11.084
14:1	g				
16:1	g	1.330	0	3.578	1.131
18:1	g	11.650	0	31.338	9.902
20:1	g	0.060	0	0.161	0.051
22.1	g				
Polyunsaturated, total	g	1.160	0	3.120	0.986
18:2	g	0.780	0	2.098	0.663
18:3	g	0.350	0	0.941	0.298
18:4	g				
20:4	g	0.040	0	0.108	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	218	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.235	0	0.632	0.200
Threonine	g	0.915	0	2.461	0.778
Isoleucine	g	0.942	0	2.534	0.801
Leucine	g	1.657	0	4.457	1.408
Lysine	g	1.744	0	4.691	1.482
Methionine	g	0.537	0	1.445	0.456
Cystine	g	0.235	0	0.632	0.200
Phenylalanine	g	0.818	0	2.200	0.695
Tyrosine	g	0.704	0	1.894	0.598
Valine	g	1.019	0	2.741	0.866
Arginine	g	1.325	0	3.564	1.126
Histidine	g	0.718	0	1.931	0.610
Alanine	g	1.264	0	3.400	1.074
Aspartic acid	g	1.915	0	5.151	1.628
Glutamic acid	g	3.149	0	8.471	2.677
Glycine	g	1.143	0	3.075	0.972
Proline	g	0.926	0	2.491	0.787
Serine	g	0.801	0	2.155	0.681
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13104 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 297g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.43		0	134.93	38.62	
Energy	kcal	383		0	1138	326	
Energy	kj	1602		0	4758	1362	
Protein (N x 5.95)	g	22.30		0	66.23	18.95	
Total lipid (fat)	g	31.95		0	94.89	27.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.61	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	30	9	
Iron	mg	2.27		0	6.74	1.93	
Magnesium	mg	19		0	56	16	
Phosphorus	mg	168		0	499	143	
Potassium	mg	283		0	841	241	
Sodium	mg	63		0	187	54	
Zinc	mg	5.58		0	16.57	4.74	
Copper	mg	0.086		0	0.255	0.073	
Manganese	mg	0.013		0	0.039	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.208	0.060	
Riboflavin	mg	0.180		0	0.535	0.153	
Niacin	mg	3.550		0	10.543	3.018	
Pantothenic acid	mg	0.360		0	1.069	0.306	
Vitamin B-6	mg	0.220		0	0.653	0.187	
Folate	µg	7		0	21	6	
Vitamin B-12	µg	2.30		0	6.83	1.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.890		0	38.283	10.957	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.267	0.077	
12:0	g	0.080		0	0.238	0.068	
14:0	g	1.040		0	3.089	0.884	
15.0	g						
16:0	g	7.890		0	23.433	6.707	
17:0	g						
18:0	g	3.780		0	11.227	3.213	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.680	0	40.630	11.628
14:1	g				
16:1	g	1.330	0	3.950	1.131
18:1	g	12.290	0	36.501	10.446
20:1	g	0.060	0	0.178	0.051
22.1	g				
Polyunsaturated, total	g	1.120	0	3.326	0.952
18:2	g	0.740	0	2.198	0.629
18:3	g	0.340	0	1.010	0.289
18:4	g				
20:4	g	0.030	0	0.089	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	252	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.743	0.213
Threonine	g	0.974	0	2.893	0.828
Isoleucine	g	1.003	0	2.979	0.853
Leucine	g	1.762	0	5.233	1.498
Lysine	g	1.855	0	5.509	1.577
Methionine	g	0.571	0	1.696	0.485
Cystine	g	0.250	0	0.743	0.213
Phenylalanine	g	0.871	0	2.587	0.740
Tyrosine	g	0.749	0	2.225	0.637
Valine	g	1.085	0	3.222	0.922
Arginine	g	1.409	0	4.185	1.198
Histidine	g	0.763	0	2.266	0.649
Alanine	g	1.345	0	3.995	1.143
Aspartic acid	g	2.037	0	6.050	1.731
Glutamic acid	g	3.350	0	9.950	2.848
Glycine	g	1.217	0	3.614	1.034
Proline	g	0.985	0	2.925	0.837
Serine	g	0.853	0	2.533	0.725
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13105 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	55.49		0	15.73	251.70	
Energy	kcal	304		0	86	1379	
Energy	kj	1272		0	361	5770	
Protein (N x 5.95)	g	16.32		0	4.63	74.03	
Total lipid (fat)	g	25.95		0	7.36	117.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76		0	0.22	3.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.72		0	0.49	7.80	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	153		0	43	694	
Potassium	mg	261		0	74	1184	
Sodium	mg	55		0	16	249	
Zinc	mg	3.77		0	1.07	17.10	
Copper	mg	0.059		0	0.017	0.268	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.610		0	0.740	11.839	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.290		0	0.082	1.315	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.72		0	0.77	12.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.740		0	3.045	48.717	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.860		0	0.244	3.901	
15.0	g						
16:0	g	6.450		0	1.829	29.257	
17:0	g						
18:0	g	3.270		0	0.927	14.833	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.140	0	3.158	50.531
14:1	g				
16:1	g	1.330	0	0.377	6.033
18:1	g	9.770	0	2.770	44.317
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.950	0	0.269	4.309
18:2	g	0.600	0	0.170	2.722
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.183	0	0.052	0.830
Threonine	g	0.713	0	0.202	3.234
Isoleucine	g	0.734	0	0.208	3.329
Leucine	g	1.290	0	0.366	5.851
Lysine	g	1.358	0	0.385	6.160
Methionine	g	0.418	0	0.119	1.896
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.637	0	0.181	2.889
Tyrosine	g	0.548	0	0.155	2.486
Valine	g	0.794	0	0.225	3.602
Arginine	g	1.031	0	0.292	4.677
Histidine	g	0.559	0	0.158	2.536
Alanine	g	0.984	0	0.279	4.463
Aspartic acid	g	1.491	0	0.423	6.763
Glutamic acid	g	2.452	0	0.695	11.122
Glycine	g	0.890	0	0.252	4.037
Proline	g	0.721	0	0.204	3.270
Serine	g	0.624	0	0.177	2.830
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13106 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.21		0	135.06	42.68	
Energy	kcal	324		0	872	275	
Energy	kj	1356		0	3648	1153	
Protein (N x 5.95)	g	21.54		0	57.94	18.31	
Total lipid (fat)	g	25.77		0	69.32	21.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.80	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	2.19		0	5.89	1.86	
Magnesium	mg	19		0	51	16	
Phosphorus	mg	182		0	490	155	
Potassium	mg	308		0	829	262	
Sodium	mg	64		0	172	54	
Zinc	mg	5.06		0	13.61	4.30	
Copper	mg	0.079		0	0.213	0.067	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.188	0.060	
Riboflavin	mg	0.160		0	0.430	0.136	
Niacin	mg	2.780		0	7.478	2.363	
Pantothenic acid	mg	0.350		0	0.941	0.298	
Vitamin B-6	mg	0.230		0	0.619	0.196	
Folate	µg	6		0	16	5	
Vitamin B-12	µg	2.89		0	7.77	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.460		0	28.137	8.891	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.188	0.060	
12:0	g	0.070		0	0.188	0.060	
14:0	g	0.830		0	2.233	0.706	
15.0	g						
16:0	g	6.430		0	17.297	5.465	
17:0	g						
18:0	g	3.050		0	8.204	2.592	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.880	0	29.267	9.248
14:1	g				
16:1	g	1.090	0	2.932	0.927
18:1	g	9.740	0	26.201	8.279
20:1	g	0.050	0	0.135	0.043
22.1	g				
Polyunsaturated, total	g	0.970	0	2.609	0.825
18:2	g	0.660	0	1.775	0.561
18:3	g	0.280	0	0.753	0.238
18:4	g				
20:4	g	0.040	0	0.108	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	215	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.648	0.205
Threonine	g	0.941	0	2.531	0.800
Isoleucine	g	0.968	0	2.604	0.823
Leucine	g	1.702	0	4.578	1.447
Lysine	g	1.792	0	4.820	1.523
Methionine	g	0.551	0	1.482	0.468
Cystine	g	0.241	0	0.648	0.205
Phenylalanine	g	0.841	0	2.262	0.715
Tyrosine	g	0.724	0	1.948	0.615
Valine	g	1.048	0	2.819	0.891
Arginine	g	1.361	0	3.661	1.157
Histidine	g	0.737	0	1.983	0.626
Alanine	g	1.299	0	3.494	1.104
Aspartic acid	g	1.968	0	5.294	1.673
Glutamic acid	g	3.236	0	8.705	2.751
Glycine	g	1.175	0	3.161	0.999
Proline	g	0.951	0	2.558	0.808
Serine	g	0.824	0	2.217	0.700
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13107 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.79		0	142.95	41.47	
Energy	kcal	340		0	996	289	
Energy	kj	1423		0	4169	1210	
Protein (N x 5.95)	g	23.14		0	67.80	19.67	
Total lipid (fat)	g	26.72		0	78.29	22.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	2.70	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.36		0	6.91	2.01	
Magnesium	mg	20		0	59	17	
Phosphorus	mg	174		0	510	148	
Potassium	mg	295		0	864	251	
Sodium	mg	65		0	190	55	
Zinc	mg	5.88		0	17.23	5.00	
Copper	mg	0.089		0	0.261	0.076	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.205	0.060	
Riboflavin	mg	0.190		0	0.557	0.161	
Niacin	mg	3.700		0	10.841	3.145	
Pantothenic acid	mg	0.370		0	1.084	0.315	
Vitamin B-6	mg	0.230		0	0.674	0.196	
Folate	µg	7		0	21	6	
Vitamin B-12	µg	2.35		0	6.89	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.780		0	31.585	9.163	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.234	0.068	
12:0	g	0.070		0	0.205	0.060	
14:0	g	0.870		0	2.549	0.740	
15.0	g						
16:0	g	6.600		0	19.338	5.610	
17:0	g						
18:0	g	3.160		0	9.259	2.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.440	0	33.519	9.724
14:1	g				
16:1	g	1.110	0	3.252	0.944
18:1	g	10.280	0	30.120	8.738
20:1	g	0.050	0	0.147	0.043
22.1	g				
Polyunsaturated, total	g	0.930	0	2.725	0.791
18:2	g	0.620	0	1.817	0.527
18:3	g	0.290	0	0.850	0.247
18:4	g				
20:4	g	0.020	0	0.059	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	249	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.759	0.220
Threonine	g	1.011	0	2.962	0.859
Isoleucine	g	1.040	0	3.047	0.884
Leucine	g	1.829	0	5.359	1.555
Lysine	g	1.925	0	5.640	1.636
Methionine	g	0.592	0	1.735	0.503
Cystine	g	0.259	0	0.759	0.220
Phenylalanine	g	0.903	0	2.646	0.768
Tyrosine	g	0.778	0	2.280	0.661
Valine	g	1.126	0	3.299	0.957
Arginine	g	1.463	0	4.287	1.244
Histidine	g	0.792	0	2.321	0.673
Alanine	g	1.396	0	4.090	1.187
Aspartic acid	g	2.114	0	6.194	1.797
Glutamic acid	g	3.477	0	10.188	2.955
Glycine	g	1.263	0	3.701	1.074
Proline	g	1.022	0	2.994	0.869
Serine	g	0.885	0	2.593	0.752
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13108 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	49.41		0	14.01	224.12	
Energy	kcal	377		0	107	1710	
Energy	kj	1577		0	447	7153	
Protein (N x 5.95)	g	15.52		0	4.40	70.40	
Total lipid (fat)	g	34.50		0	9.78	156.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.72		0	0.20	3.27	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.62		0	0.46	7.35	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	145		0	41	658	
Potassium	mg	242		0	69	1098	
Sodium	mg	53		0	15	240	
Zinc	mg	3.50		0	0.99	15.88	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	2.500		0	0.709	11.340	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.280		0	0.079	1.270	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.59		0	0.73	11.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.470		0	4.102	65.636	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.120		0	0.034	0.544	
12:0	g	0.080		0	0.023	0.363	
14:0	g	1.140		0	0.323	5.171	
15.0	g						
16:0	g	8.560		0	2.427	38.828	
17:0	g						
18:0	g	4.360		0	1.236	19.777	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.910	0	4.227	67.632
14:1	g				
16:1	g	1.740	0	0.493	7.893
18:1	g	12.950	0	3.671	58.741
20:1	g	0.050	0	0.014	0.227
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.270	0	0.360	5.761
18:2	g	0.810	0	0.230	3.674
18:3	g	0.420	0	0.119	1.905
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	73	0	21	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.174	0	0.049	0.789
Threonine	g	0.678	0	0.192	3.075
Isoleucine	g	0.698	0	0.198	3.166
Leucine	g	1.227	0	0.348	5.566
Lysine	g	1.291	0	0.366	5.856
Methionine	g	0.397	0	0.113	1.801
Cystine	g	0.174	0	0.049	0.789
Phenylalanine	g	0.606	0	0.172	2.749
Tyrosine	g	0.521	0	0.148	2.363
Valine	g	0.755	0	0.214	3.425
Arginine	g	0.981	0	0.278	4.450
Histidine	g	0.531	0	0.151	2.409
Alanine	g	0.936	0	0.265	4.246
Aspartic acid	g	1.418	0	0.402	6.432
Glutamic acid	g	2.332	0	0.661	10.578
Glycine	g	0.847	0	0.240	3.842
Proline	g	0.685	0	0.194	3.107
Serine	g	0.594	0	0.168	2.694
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13109 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 18% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	42.61		0	118.88	36.22	
Energy	kcal	413		0	1152	351	
Energy	kj	1728		0	4821	1469	
Protein (N x 5.95)	g	20.30		0	56.64	17.25	
Total lipid (fat)	g	36.21		0	101.03	30.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.46	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.04		0	5.69	1.73	
Magnesium	mg	18		0	50	15	
Phosphorus	mg	161		0	449	137	
Potassium	mg	291		0	812	247	
Sodium	mg	61		0	170	52	
Zinc	mg	4.75		0	13.25	4.04	
Copper	mg	0.075		0	0.209	0.064	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.195	0.060	
Riboflavin	mg	0.170		0	0.474	0.145	
Niacin	mg	2.600		0	7.254	2.210	
Pantothenic acid	mg	0.330		0	0.921	0.281	
Vitamin B-6	mg	0.260		0	0.725	0.221	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.75		0	7.67	2.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	15.000		0	41.850	12.750	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.251	0.077	
12:0	g	0.090		0	0.251	0.077	
14:0	g	1.180		0	3.292	1.003	
15.0	g						
16:0	g	8.960		0	24.998	7.616	
17:0	g						
18:0	g	4.380		0	12.220	3.723	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.820	0	44.138	13.447
14:1	g				
16:1	g	1.480	0	4.129	1.258
18:1	g	14.040	0	39.172	11.934
20:1	g	0.070	0	0.195	0.060
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.260	0	3.515	1.071
18:2	g	0.850	0	2.372	0.723
18:3	g	0.360	0	1.004	0.306
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.084	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	240	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.227	0	0.633	0.193
Threonine	g	0.887	0	2.475	0.754
Isoleucine	g	0.913	0	2.547	0.776
Leucine	g	1.605	0	4.478	1.364
Lysine	g	1.689	0	4.712	1.436
Methionine	g	0.520	0	1.451	0.442
Cystine	g	0.227	0	0.633	0.193
Phenylalanine	g	0.793	0	2.212	0.674
Tyrosine	g	0.682	0	1.903	0.580
Valine	g	0.988	0	2.757	0.840
Arginine	g	1.283	0	3.580	1.091
Histidine	g	0.695	0	1.939	0.591
Alanine	g	1.225	0	3.418	1.041
Aspartic acid	g	1.855	0	5.175	1.577
Glutamic acid	g	3.050	0	8.509	2.592
Glycine	g	1.108	0	3.091	0.942
Proline	g	0.897	0	2.503	0.762
Serine	g	0.776	0	2.165	0.660
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13110 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.66		0	123.56	37.11	
Energy	kcal	402		0	1138	342	
Energy	kj	1682		0	4760	1430	
Protein (N x 5.95)	g	22.47		0	63.59	19.10	
Total lipid (fat)	g	33.94		0	96.05	28.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.52	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.29		0	6.48	1.95	
Magnesium	mg	19		0	54	16	
Phosphorus	mg	169		0	478	144	
Potassium	mg	286		0	809	243	
Sodium	mg	63		0	178	54	
Zinc	mg	5.64		0	15.96	4.79	
Copper	mg	0.087		0	0.246	0.074	
Manganese	mg	0.013		0	0.037	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.198	0.060	
Riboflavin	mg	0.180		0	0.509	0.153	
Niacin	mg	3.580		0	10.131	3.043	
Pantothenic acid	mg	0.360		0	1.019	0.306	
Vitamin B-6	mg	0.220		0	0.623	0.187	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.31		0	6.54	1.96	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.060		0	39.790	11.951	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.255	0.077	
12:0	g	0.080		0	0.226	0.068	
14:0	g	1.110		0	3.141	0.944	
15.0	g						
16:0	g	8.400		0	23.772	7.140	
17:0	g						
18:0	g	4.090		0	11.575	3.476	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.810	0	41.912	12.589
14:1	g				
16:1	g	1.400	0	3.962	1.190
18:1	g	13.140	0	37.186	11.169
20:1	g	0.060	0	0.170	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.180	0	3.339	1.003
18:2	g	0.790	0	2.236	0.672
18:3	g	0.340	0	0.962	0.289
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.085	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	241	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.713	0.214
Threonine	g	0.981	0	2.776	0.834
Isoleucine	g	1.010	0	2.858	0.859
Leucine	g	1.776	0	5.026	1.510
Lysine	g	1.869	0	5.289	1.589
Methionine	g	0.575	0	1.627	0.489
Cystine	g	0.252	0	0.713	0.214
Phenylalanine	g	0.877	0	2.482	0.745
Tyrosine	g	0.755	0	2.137	0.642
Valine	g	1.093	0	3.093	0.929
Arginine	g	1.420	0	4.019	1.207
Histidine	g	0.769	0	2.176	0.654
Alanine	g	1.355	0	3.835	1.152
Aspartic acid	g	2.053	0	5.810	1.745
Glutamic acid	g	3.375	0	9.551	2.869
Glycine	g	1.226	0	3.470	1.042
Proline	g	0.992	0	2.807	0.843
Serine	g	0.859	0	2.431	0.730
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13111 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 42% Bone 16%, separable fat 26%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.90		1	19.53	312.53	
Energy	kcal	165		0	47	748	
Energy	kj	690		0	196	3130	
Protein (N x 5.95)	g	19.63	0.200	42	5.57	89.04	
Total lipid (fat)	g	9.00		1	2.55	40.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96	0.120	28	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.829	10	2	32	
Iron	mg	2.11	0.051	37	0.60	9.57	
Magnesium	mg	21	0.318	38	6	95	
Phosphorus	mg	188	3.352	28	53	853	
Potassium	mg	341	6.803	38	97	1547	
Sodium	mg	66	2.043	38	19	299	
Zinc	mg	4.90	0.100	35	1.39	22.23	
Copper	mg	0.070	0.001	35	0.020	0.318	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.003	41	0.026	0.408	
Riboflavin	mg	0.160	0.003	39	0.045	0.726	
Niacin	mg	3.100	0.147	41	0.879	14.062	
Pantothenic acid	mg	0.400	0.044	4	0.113	1.814	
Vitamin B-6	mg	0.340	0.009	4	0.096	1.542	
Folate	µg	6	0.327	14	2	27	
Vitamin B-12	µg	3.23	0.167	41	0.92	14.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.670		0	1.040	16.647	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		79	0.003	0.045	
12:0	g	0.010		79	0.003	0.045	
14:0	g	0.270		79	0.077	1.225	
15.0	g						
16:0	g	2.190		79	0.621	9.934	
17:0	g						
18:0	g	1.190		79	0.337	5.398	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.610		0	1.023	16.375
14:1	g					
16:1	g	0.350		79	0.099	1.588
18:1	g	3.250		79	0.921	14.742
20:1	g	0.010		79	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.340		0	0.096	1.542
18:2	g	0.270		79	0.077	1.225
18:3	g	0.030		79	0.009	0.136
18:4	g					
20:4	g	0.040		79	0.011	0.181
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	0.881	37	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.220		0	0.062	0.998
Threonine	g	0.857		0	0.243	3.887
Isoleucine	g	0.883		0	0.250	4.005
Leucine	g	1.552		0	0.440	7.040
Lysine	g	1.633		0	0.463	7.407
Methionine	g	0.503		0	0.143	2.282
Cystine	g	0.220		0	0.062	0.998
Phenylalanine	g	0.766		0	0.217	3.475
Tyrosine	g	0.660		0	0.187	2.994
Valine	g	0.955		0	0.271	4.332
Arginine	g	1.241		0	0.352	5.629
Histidine	g	0.672		0	0.191	3.048
Alanine	g	1.184		0	0.336	5.371
Aspartic acid	g	1.794		0	0.509	8.138
Glutamic acid	g	2.949		0	0.836	13.377
Glycine	g	1.071		0	0.304	4.858
Proline	g	0.867		0	0.246	3.933
Serine	g	0.751		0	0.213	3.407
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13112 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 42% 21% bone, 21% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.74		0	115.72	49.93	
Energy	kcal	224		0	441	190	
Energy	kj	937		0	1846	796	
Protein (N x 5.95)	g	25.17		0	49.58	21.39	
Total lipid (fat)	g	12.92		0	25.45	10.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.42	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	18	8	
Iron	mg	2.57		0	5.06	2.18	
Magnesium	mg	23		0	45	20	
Phosphorus	mg	217		0	427	184	
Potassium	mg	372		0	733	316	
Sodium	mg	72		0	142	61	
Zinc	mg	6.28		0	12.37	5.34	
Copper	mg	0.090		0	0.177	0.077	
Manganese	mg	0.015		0	0.030	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.158	0.068	
Riboflavin	mg	0.190		0	0.374	0.161	
Niacin	mg	3.180		0	6.265	2.703	
Pantothenic acid	mg	0.410		0	0.808	0.349	
Vitamin B-6	mg	0.260		0	0.512	0.221	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.31		0	6.52	2.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.280		0	10.402	4.488	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.039	0.017	
12:0	g	0.020		0	0.039	0.017	
14:0	g	0.400		0	0.788	0.340	
15.0	g						
16:0	g	3.150		0	6.205	2.678	
17:0	g						
18:0	g	1.700		0	3.349	1.445	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.230	0	10.303	4.446
14:1	g				
16:1	g	0.520	0	1.024	0.442
18:1	g	4.700	0	9.259	3.995
20:1	g	0.010	0	0.020	0.009
22.1	g				
Polyunsaturated, total	g	0.490	0	0.965	0.417
18:2	g	0.380	0	0.749	0.323
18:3	g	0.060	0	0.118	0.051
18:4	g				
20:4	g	0.050	0	0.099	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	150	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.556	0.240
Threonine	g	1.099	0	2.165	0.934
Isoleucine	g	1.132	0	2.230	0.962
Leucine	g	1.989	0	3.918	1.691
Lysine	g	2.094	0	4.125	1.780
Methionine	g	0.644	0	1.269	0.547
Cystine	g	0.282	0	0.556	0.240
Phenylalanine	g	0.983	0	1.937	0.836
Tyrosine	g	0.846	0	1.667	0.719
Valine	g	1.224	0	2.411	1.040
Arginine	g	1.591	0	3.134	1.352
Histidine	g	0.862	0	1.698	0.733
Alanine	g	1.518	0	2.990	1.290
Aspartic acid	g	2.299	0	4.529	1.954
Glutamic acid	g	3.781	0	7.449	3.214
Glycine	g	1.373	0	2.705	1.167
Proline	g	1.111	0	2.189	0.944
Serine	g	0.962	0	1.895	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13113 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 4% 16% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.40		1	122.64	49.64	
Energy	kcal	237		0	498	201	
Energy	kj	992		0	2083	843	
Protein (N x 5.95)	g	27.53	0.638	13	57.81	23.40	
Total lipid (fat)	g	13.20		1	27.72	11.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.019	15	2.27	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.750	11	17	7	
Iron	mg	2.82	0.150	11	5.92	2.40	
Magnesium	mg	25	0.324	11	53	21	
Phosphorus	mg	209		1	439	178	
Potassium	mg	357	6.757	11	750	303	
Sodium	mg	73	7.193	11	153	62	
Zinc	mg	7.46	0.491	8	15.67	6.34	
Copper	mg	0.105	0.006	8	0.221	0.089	
Manganese	mg	0.016		1	0.034	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	15	0.189	0.077	
Riboflavin	mg	0.220	0.008	13	0.462	0.187	
Niacin	mg	4.450	0.263	13	9.345	3.783	
Pantothenic acid	mg	0.450	0.042	4	0.945	0.383	
Vitamin B-6	mg	0.260	0.016	4	0.546	0.221	
Folate	µg	9	0.435	14	19	8	
Vitamin B-12	µg	2.61	0.454	15	5.48	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.294	0.119	
Lipids:							
Saturated, total	g	5.270		0	11.067	4.479	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		8	0.021	0.009	
12:0	g	0.010		8	0.021	0.009	
14:0	g	0.410		8	0.861	0.349	
15.0	g						
16:0	g	3.100		8	6.510	2.635	
17:0	g						
18:0	g	1.750		8	3.675	1.488	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.520		0	11.592	4.692
14:1	g					
16:1	g	0.460		8	0.966	0.391
18:1	g	5.050		8	10.605	4.293
20:1	g	0.010		8	0.021	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.380		0	0.798	0.323
18:2	g	0.310		8	0.651	0.264
18:3	g	0.030		8	0.063	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.084	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	81	2.403	8	170	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.308		0	0.647	0.262
Threonine	g	1.203		0	2.526	1.023
Isoleucine	g	1.238		0	2.600	1.052
Leucine	g	2.176		0	4.570	1.850
Lysine	g	2.291		0	4.811	1.947
Methionine	g	0.705		0	1.480	0.599
Cystine	g	0.308		0	0.647	0.262
Phenylalanine	g	1.075		0	2.257	0.914
Tyrosine	g	0.925		0	1.942	0.786
Valine	g	1.339		0	2.812	1.138
Arginine	g	1.740		0	3.654	1.479
Histidine	g	0.943		0	1.980	0.802
Alanine	g	1.661		0	3.488	1.412
Aspartic acid	g	2.515		0	5.281	2.138
Glutamic acid	g	4.136		0	8.686	3.516
Glycine	g	1.502		0	3.154	1.277
Proline	g	1.216		0	2.554	1.034
Serine	g	1.053		0	2.211	0.895
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13114 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 44% Bone 16%, separable fat 28%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.10		1	19.31	308.90	
Energy	kcal	176		0	50	798	
Energy	kj	736		0	209	3338	
Protein (N x 5.95)	g	19.63		1	5.57	89.04	
Total lipid (fat)	g	10.20		1	2.89	46.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		1	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	32	
Iron	mg	2.11		1	0.60	9.57	
Magnesium	mg	21		1	6	95	
Phosphorus	mg	188		1	53	853	
Potassium	mg	341		1	97	1547	
Sodium	mg	66		1	19	299	
Zinc	mg	4.90		1	1.39	22.23	
Copper	mg	0.070		1	0.020	0.318	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.160		1	0.045	0.726	
Niacin	mg	3.100		1	0.879	14.062	
Pantothenic acid	mg	0.400		1	0.113	1.814	
Vitamin B-6	mg	0.340		1	0.096	1.542	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.23		1	0.92	14.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.160		0	1.179	18.870	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		79	0.003	0.045	
12:0	g	0.010		79	0.003	0.045	
14:0	g	0.310		79	0.088	1.406	
15.0	g						
16:0	g	2.480		79	0.703	11.249	
17:0	g						
18:0	g	1.350		79	0.383	6.124	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.090	0	1.160	18.552
14:1	g				
16:1	g	0.400	79	0.113	1.814
18:1	g	3.690	79	1.046	16.738
20:1	g	0.010	79	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.380	0	0.108	1.724
18:2	g	0.310	79	0.088	1.406
18:3	g	0.030	79	0.009	0.136
18:4	g				
20:4	g	0.040	79	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.220	0	0.062	0.998
Threonine	g	0.857	0	0.243	3.887
Isoleucine	g	0.883	0	0.250	4.005
Leucine	g	1.552	0	0.440	7.040
Lysine	g	1.633	0	0.463	7.407
Methionine	g	0.503	0	0.143	2.282
Cystine	g	0.220	0	0.062	0.998
Phenylalanine	g	0.766	0	0.217	3.475
Tyrosine	g	0.660	0	0.187	2.994
Valine	g	0.955	0	0.271	4.332
Arginine	g	1.241	0	0.352	5.629
Histidine	g	0.672	0	0.191	3.048
Alanine	g	1.184	0	0.336	5.371
Aspartic acid	g	1.794	0	0.509	8.138
Glutamic acid	g	2.949	0	0.836	13.377
Glycine	g	1.071	0	0.304	4.858
Proline	g	0.867	0	0.246	3.933
Serine	g	0.751	0	0.213	3.407
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13115 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 44% 21% bone, 25% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.53		0	109.88	48.90	
Energy	kcal	240		0	458	204	
Energy	kj	1004		0	1918	853	
Protein (N x 5.95)	g	25.17		0	48.07	21.39	
Total lipid (fat)	g	14.65		0	27.98	12.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.35	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	17	8	
Iron	mg	2.57		0	4.91	2.18	
Magnesium	mg	23		0	44	20	
Phosphorus	mg	217		0	414	184	
Potassium	mg	372		0	711	316	
Sodium	mg	72		0	138	61	
Zinc	mg	6.28		0	11.99	5.34	
Copper	mg	0.090		0	0.172	0.077	
Manganese	mg	0.015		0	0.029	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.153	0.068	
Riboflavin	mg	0.190		0	0.363	0.161	
Niacin	mg	3.180		0	6.074	2.703	
Pantothenic acid	mg	0.410		0	0.783	0.349	
Vitamin B-6	mg	0.260		0	0.497	0.221	
Folate	µg	7		0	13	6	
Vitamin B-12	µg	3.31		0	6.32	2.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.980		0	11.422	5.083	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.038	0.017	
12:0	g	0.020		0	0.038	0.017	
14:0	g	0.450		0	0.860	0.383	
15.0	g						
16:0	g	3.570		0	6.819	3.034	
17:0	g						
18:0	g	1.920		0	3.667	1.632	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.930	0	11.326	5.040
14:1	g				
16:1	g	0.590	0	1.127	0.501
18:1	g	5.320	0	10.161	4.522
20:1	g	0.020	0	0.038	0.017
22.1	g				
Polyunsaturated, total	g	0.550	0	1.051	0.468
18:2	g	0.430	0	0.821	0.366
18:3	g	0.060	0	0.115	0.051
18:4	g				
20:4	g	0.050	0	0.096	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	145	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.539	0.240
Threonine	g	1.099	0	2.099	0.934
Isoleucine	g	1.132	0	2.162	0.962
Leucine	g	1.989	0	3.799	1.691
Lysine	g	2.094	0	4.000	1.780
Methionine	g	0.644	0	1.230	0.547
Cystine	g	0.282	0	0.539	0.240
Phenylalanine	g	0.983	0	1.878	0.836
Tyrosine	g	0.846	0	1.616	0.719
Valine	g	1.224	0	2.338	1.040
Arginine	g	1.591	0	3.039	1.352
Histidine	g	0.862	0	1.646	0.733
Alanine	g	1.518	0	2.899	1.290
Aspartic acid	g	2.299	0	4.391	1.954
Glutamic acid	g	3.781	0	7.222	3.214
Glycine	g	1.373	0	2.622	1.167
Proline	g	1.111	0	2.122	0.944
Serine	g	0.962	0	1.837	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13116 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 42% 15% bone, 27% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 203g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.50		0	116.72	48.88	
Energy	kcal	250		0	508	213	
Energy	kj	1046		0	2123	889	
Protein (N x 5.95)	g	27.53		0	55.89	23.40	
Total lipid (fat)	g	14.70		0	29.84	12.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.19	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	16	7	
Iron	mg	2.82		0	5.72	2.40	
Magnesium	mg	25		0	51	21	
Phosphorus	mg	209		0	424	178	
Potassium	mg	357		0	725	303	
Sodium	mg	73		0	148	62	
Zinc	mg	7.46		0	15.14	6.34	
Copper	mg	0.105		0	0.213	0.089	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.183	0.077	
Riboflavin	mg	0.220		0	0.447	0.187	
Niacin	mg	4.450		0	9.034	3.783	
Pantothenic acid	mg	0.450		0	0.914	0.383	
Vitamin B-6	mg	0.260		0	0.528	0.221	
Folate	µg	9		0	18	8	
Vitamin B-12	µg	2.61		0	5.30	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.870		0	11.916	4.989	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.450		0	0.914	0.383	
15.0	g						
16:0	g	3.450		0	7.003	2.933	
17:0	g						
18:0	g	1.950		0	3.958	1.658	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.150	0	12.485	5.228
14:1	g				
16:1	g	0.520	0	1.056	0.442
18:1	g	5.620	0	11.409	4.777
20:1	g	0.010	0	0.020	0.009
22.1	g				
Polyunsaturated, total	g	0.420	0	0.853	0.357
18:2	g	0.350	0	0.711	0.298
18:3	g	0.030	0	0.061	0.026
18:4	g				
20:4	g	0.040	0	0.081	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	164	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.625	0.262
Threonine	g	1.203	0	2.442	1.023
Isoleucine	g	1.238	0	2.513	1.052
Leucine	g	2.176	0	4.417	1.850
Lysine	g	2.291	0	4.651	1.947
Methionine	g	0.705	0	1.431	0.599
Cystine	g	0.308	0	0.625	0.262
Phenylalanine	g	1.075	0	2.182	0.914
Tyrosine	g	0.925	0	1.878	0.786
Valine	g	1.339	0	2.718	1.138
Arginine	g	1.740	0	3.532	1.479
Histidine	g	0.943	0	1.914	0.802
Alanine	g	1.661	0	3.372	1.412
Aspartic acid	g	2.515	0	5.105	2.138
Glutamic acid	g	4.136	0	8.396	3.516
Glycine	g	1.502	0	3.049	1.277
Proline	g	1.216	0	2.468	1.034
Serine	g	1.053	0	2.138	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse
Measure 2: 3 oz

NDB No. 13117 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 40% Bone 16%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.90		1	19.82	317.07	
Energy	kcal	152		0	43	689	
Energy	kj	636		0	180	2885	
Protein (N x 5.95)	g	19.63		1	5.57	89.04	
Total lipid (fat)	g	7.60		1	2.15	34.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		1	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	32	
Iron	mg	2.11		1	0.60	9.57	
Magnesium	mg	21		1	6	95	
Phosphorus	mg	188		1	53	853	
Potassium	mg	341		1	97	1547	
Sodium	mg	66		1	19	299	
Zinc	mg	4.90		1	1.39	22.23	
Copper	mg	0.070		1	0.020	0.318	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.160		1	0.045	0.726	
Niacin	mg	3.100		1	0.879	14.062	
Pantothenic acid	mg	0.400		1	0.113	1.814	
Vitamin B-6	mg	0.340		1	0.096	1.542	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.23		1	0.92	14.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100		0	0.879	14.062	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		79	0.003	0.045	
12:0	g	0.010		79	0.003	0.045	
14:0	g	0.230		79	0.065	1.043	
15.0	g						
16:0	g	1.850		79	0.524	8.392	
17:0	g						
18:0	g	1.000		79	0.284	4.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0	0.865	13.835
14:1	g				
16:1	g	0.290	79	0.082	1.315
18:1	g	2.750	79	0.780	12.474
20:1	g	0.010	79	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.290	0	0.082	1.315
18:2	g	0.230	79	0.065	1.043
18:3	g	0.020	79	0.006	0.091
18:4	g				
20:4	g	0.030	79	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.220	0	0.062	0.998
Threonine	g	0.857	0	0.243	3.887
Isoleucine	g	0.883	0	0.250	4.005
Leucine	g	1.552	0	0.440	7.040
Lysine	g	1.633	0	0.463	7.407
Methionine	g	0.503	0	0.143	2.282
Cystine	g	0.220	0	0.062	0.998
Phenylalanine	g	0.766	0	0.217	3.475
Tyrosine	g	0.660	0	0.187	2.994
Valine	g	0.955	0	0.271	4.332
Arginine	g	1.241	0	0.352	5.629
Histidine	g	0.672	0	0.191	3.048
Alanine	g	1.184	0	0.336	5.371
Aspartic acid	g	1.794	0	0.509	8.138
Glutamic acid	g	2.949	0	0.836	13.377
Glycine	g	1.071	0	0.304	4.858
Proline	g	0.867	0	0.246	3.933
Serine	g	0.751	0	0.213	3.407
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13118 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 4% 21% bone, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.75		0	123.93	51.64	
Energy	kcal	206		0	420	175	
Energy	kj	862		0	1758	733	
Protein (N x 5.95)	g	25.17		0	51.35	21.39	
Total lipid (fat)	g	10.91		0	22.26	9.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.51	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	18	8	
Iron	mg	2.57		0	5.24	2.18	
Magnesium	mg	23		0	47	20	
Phosphorus	mg	217		0	443	184	
Potassium	mg	372		0	759	316	
Sodium	mg	72		0	147	61	
Zinc	mg	6.28		0	12.81	5.34	
Copper	mg	0.090		0	0.184	0.077	
Manganese	mg	0.015		0	0.031	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.163	0.068	
Riboflavin	mg	0.190		0	0.388	0.161	
Niacin	mg	3.180		0	6.487	2.703	
Pantothenic acid	mg	0.410		0	0.836	0.349	
Vitamin B-6	mg	0.260		0	0.530	0.221	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.31		0	6.75	2.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.440		0	9.058	3.774	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.330		0	0.673	0.281	
15.0	g						
16:0	g	2.650		0	5.406	2.252	
17:0	g						
18:0	g	1.450		0	2.958	1.232	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.360	0	8.894	3.706
14:1	g				
16:1	g	0.410	0	0.836	0.349
18:1	g	3.930	0	8.017	3.341
20:1	g	0.010	0	0.020	0.009
22.1	g				
Polyunsaturated, total	g	0.410	0	0.836	0.349
18:2	g	0.340	0	0.694	0.289
18:3	g	0.030	0	0.061	0.026
18:4	g				
20:4	g	0.050	0	0.102	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	155	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.575	0.240
Threonine	g	1.099	0	2.242	0.934
Isoleucine	g	1.132	0	2.309	0.962
Leucine	g	1.989	0	4.058	1.691
Lysine	g	2.094	0	4.272	1.780
Methionine	g	0.644	0	1.314	0.547
Cystine	g	0.282	0	0.575	0.240
Phenylalanine	g	0.983	0	2.005	0.836
Tyrosine	g	0.846	0	1.726	0.719
Valine	g	1.224	0	2.497	1.040
Arginine	g	1.591	0	3.246	1.352
Histidine	g	0.862	0	1.758	0.733
Alanine	g	1.518	0	3.097	1.290
Aspartic acid	g	2.299	0	4.690	1.954
Glutamic acid	g	3.781	0	7.713	3.214
Glycine	g	1.373	0	2.801	1.167
Proline	g	1.111	0	2.266	0.944
Serine	g	0.962	0	1.962	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13119 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 38% 16% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 217g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.40		0	128.90	50.49	
Energy	kcal	220		0	477	187	
Energy	kj	920		0	1996	782	
Protein (N x 5.95)	g	27.53		0	59.74	23.40	
Total lipid (fat)	g	11.40		0	24.74	9.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.34	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	17	7	
Iron	mg	2.82		0	6.12	2.40	
Magnesium	mg	25		0	54	21	
Phosphorus	mg	209		0	454	178	
Potassium	mg	357		0	775	303	
Sodium	mg	73		0	158	62	
Zinc	mg	7.46		0	16.19	6.34	
Copper	mg	0.105		0	0.228	0.089	
Manganese	mg	0.016		0	0.035	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.195	0.077	
Riboflavin	mg	0.220		0	0.477	0.187	
Niacin	mg	4.450		0	9.657	3.783	
Pantothenic acid	mg	0.450		0	0.977	0.383	
Vitamin B-6	mg	0.260		0	0.564	0.221	
Folate	µg	9		0	20	8	
Vitamin B-12	µg	2.61		0	5.66	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.550		0	9.874	3.868	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.022	0.009	
12:0	g	0.010		0	0.022	0.009	
14:0	g	0.350		0	0.759	0.298	
15.0	g						
16:0	g	2.680		0	5.816	2.278	
17:0	g						
18:0	g	1.510		0	3.277	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.770	0	10.351	4.054
14:1	g				
16:1	g	0.400	0	0.868	0.340
18:1	g	4.360	0	9.461	3.706
20:1	g	0.010	0	0.022	0.009
22.1	g				
Polyunsaturated, total	g	0.330	0	0.716	0.281
18:2	g	0.270	0	0.586	0.230
18:3	g	0.020	0	0.043	0.017
18:4	g				
20:4	g	0.030	0	0.065	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	176	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.668	0.262
Threonine	g	1.203	0	2.611	1.023
Isoleucine	g	1.238	0	2.686	1.052
Leucine	g	2.176	0	4.722	1.850
Lysine	g	2.291	0	4.971	1.947
Methionine	g	0.705	0	1.530	0.599
Cystine	g	0.308	0	0.668	0.262
Phenylalanine	g	1.075	0	2.333	0.914
Tyrosine	g	0.925	0	2.007	0.786
Valine	g	1.339	0	2.906	1.138
Arginine	g	1.740	0	3.776	1.479
Histidine	g	0.943	0	2.046	0.802
Alanine	g	1.661	0	3.604	1.412
Aspartic acid	g	2.515	0	5.458	2.138
Glutamic acid	g	4.136	0	8.975	3.516
Glycine	g	1.502	0	3.259	1.277
Proline	g	1.216	0	2.639	1.034
Serine	g	1.053	0	2.285	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13120 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 45% Bone 14%, separable fat 31%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	65.83		1	18.66	298.60	
Energy	kcal	210		0	60	953	
Energy	kj	879		0	249	3987	
Protein (N x 5.95)	g	19.63		1	5.57	89.04	
Total lipid (fat)	g	14.03		1	3.98	63.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		1	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	32	
Iron	mg	2.11		1	0.60	9.57	
Magnesium	mg	21		1	6	95	
Phosphorus	mg	188		1	53	853	
Potassium	mg	341		1	97	1547	
Sodium	mg	66		1	19	299	
Zinc	mg	4.90		1	1.39	22.23	
Copper	mg	0.070		1	0.020	0.318	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.160		1	0.045	0.726	
Niacin	mg	3.100		1	0.879	14.062	
Pantothenic acid	mg	0.400		1	0.113	1.814	
Vitamin B-6	mg	0.340		1	0.096	1.542	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.23		1	0.92	14.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.050		0	1.715	27.443	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.003	0.045	
12:0	g	0.010		1	0.003	0.045	
14:0	g	0.430		1	0.122	1.950	
15.0	g						
16:0	g	3.410		1	0.967	15.468	
17:0	g						
18:0	g	1.860		1	0.527	8.437	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.900	0	1.673	26.762
14:1	g				
16:1	g	0.540	1	0.153	2.449
18:1	g	5.070	1	1.437	22.998
20:1	g	0.020	1	0.006	0.091
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.550	0	0.156	2.495
18:2	g	0.430	1	0.122	1.950
18:3	g	0.050	1	0.014	0.227
18:4	g	0.000	1	0.000	0.000
20:4	g	0.050	1	0.014	0.227
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.220	0	0.062	0.998
Threonine	g	0.857	0	0.243	3.887
Isoleucine	g	0.883	0	0.250	4.005
Leucine	g	1.552	0	0.440	7.040
Lysine	g	1.633	0	0.463	7.407
Methionine	g	0.503	0	0.143	2.282
Cystine	g	0.220	0	0.062	0.998
Phenylalanine	g	0.766	0	0.217	3.475
Tyrosine	g	0.660	0	0.187	2.994
Valine	g	0.955	0	0.271	4.332
Arginine	g	1.241	0	0.352	5.629
Histidine	g	0.672	0	0.191	3.048
Alanine	g	1.184	0	0.336	5.371
Aspartic acid	g	1.794	0	0.509	8.138
Glutamic acid	g	2.949	0	0.836	13.377
Glycine	g	1.071	0	0.304	4.858
Proline	g	0.867	0	0.246	3.933
Serine	g	0.751	0	0.213	3.407
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13121 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 43% 18% bone, 25% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.40		0	103.60	45.39	
Energy	kcal	294		0	570	250	
Energy	kj	1230		0	2386	1046	
Protein (N x 5.95)	g	24.64		0	47.80	20.94	
Total lipid (fat)	g	20.88		0	40.51	17.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.10	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	16	7	
Iron	mg	2.48		0	4.81	2.11	
Magnesium	mg	24		0	47	20	
Phosphorus	mg	199		0	386	169	
Potassium	mg	369		0	716	314	
Sodium	mg	70		0	136	60	
Zinc	mg	6.25		0	12.13	5.31	
Copper	mg	0.089		0	0.173	0.076	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.175	0.077	
Riboflavin	mg	0.200		0	0.388	0.170	
Niacin	mg	3.070		0	5.956	2.609	
Pantothenic acid	mg	0.410		0	0.795	0.349	
Vitamin B-6	mg	0.320		0	0.621	0.272	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	3.26		0	6.32	2.77	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.940		0	17.344	7.599	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.020		0	0.039	0.017	
14:0	g	0.660		0	1.280	0.561	
15.0	g						
16:0	g	5.000		0	9.700	4.250	
17:0	g						
18:0	g	2.820		0	5.471	2.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.250	0	17.945	7.862
14:1	g				
16:1	g	0.740	0	1.436	0.629
18:1	g	8.150	0	15.811	6.928
20:1	g	0.020	0	0.039	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	1.222	0.536
18:2	g	0.500	0	0.970	0.425
18:3	g	0.050	0	0.097	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.097	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	159	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.276	0	0.535	0.235
Threonine	g	1.076	0	2.087	0.915
Isoleucine	g	1.108	0	2.150	0.942
Leucine	g	1.948	0	3.779	1.656
Lysine	g	2.050	0	3.977	1.742
Methionine	g	0.631	0	1.224	0.536
Cystine	g	0.276	0	0.535	0.235
Phenylalanine	g	0.962	0	1.866	0.818
Tyrosine	g	0.828	0	1.606	0.704
Valine	g	1.198	0	2.324	1.018
Arginine	g	1.557	0	3.021	1.323
Histidine	g	0.844	0	1.637	0.717
Alanine	g	1.486	0	2.883	1.263
Aspartic acid	g	2.251	0	4.367	1.913
Glutamic acid	g	3.702	0	7.182	3.147
Glycine	g	1.344	0	2.607	1.142
Proline	g	1.088	0	2.111	0.925
Serine	g	0.942	0	1.827	0.801
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13122 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 43% 19% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 196g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.41		0	106.64	46.25	
Energy	kcal	283		0	555	241	
Energy	kj	1184		0	2321	1006	
Protein (N x 5.95)	g	27.53		0	53.96	23.40	
Total lipid (fat)	g	18.34		0	35.95	15.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.12	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	16	7	
Iron	mg	2.82		0	5.53	2.40	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	209		0	410	178	
Potassium	mg	357		0	700	303	
Sodium	mg	73		0	143	62	
Zinc	mg	7.46		0	14.62	6.34	
Copper	mg	0.105		0	0.206	0.089	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.176	0.077	
Riboflavin	mg	0.220		0	0.431	0.187	
Niacin	mg	4.450		0	8.722	3.783	
Pantothenic acid	mg	0.450		0	0.882	0.383	
Vitamin B-6	mg	0.260		0	0.510	0.221	
Folate	µg	9		0	18	8	
Vitamin B-12	µg	2.61		0	5.12	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.880		0	15.445	6.698	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.580		0	1.137	0.493	
15.0	g						
16:0	g	4.390		0	8.604	3.731	
17:0	g						
18:0	g	2.470		0	4.841	2.100	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.100	0	15.876	6.885
14:1	g				
16:1	g	0.650	0	1.274	0.553
18:1	g	7.140	0	13.994	6.069
20:1	g	0.010	0	0.020	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.078	0.468
18:2	g	0.440	0	0.862	0.374
18:3	g	0.040	0	0.078	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.098	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	159	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.604	0.262
Threonine	g	1.203	0	2.358	1.023
Isoleucine	g	1.238	0	2.426	1.052
Leucine	g	2.176	0	4.265	1.850
Lysine	g	2.291	0	4.490	1.947
Methionine	g	0.705	0	1.382	0.599
Cystine	g	0.308	0	0.604	0.262
Phenylalanine	g	1.075	0	2.107	0.914
Tyrosine	g	0.925	0	1.813	0.786
Valine	g	1.339	0	2.624	1.138
Arginine	g	1.740	0	3.410	1.479
Histidine	g	0.943	0	1.848	0.802
Alanine	g	1.661	0	3.256	1.412
Aspartic acid	g	2.515	0	4.929	2.138
Glutamic acid	g	4.136	0	8.107	3.516
Glycine	g	1.502	0	2.944	1.277
Proline	g	1.216	0	2.383	1.034
Serine	g	1.053	0	2.064	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13123 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	55.70		0	15.79	252.66	
Energy	kcal	298		0	84	1352	
Energy	kj	1247		0	354	5656	
Protein (N x 5.95)	g	16.79		0	4.76	76.16	
Total lipid (fat)	g	25.11		0	7.12	113.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.23	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.78		0	0.50	8.07	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	160		0	45	726	
Potassium	mg	287		0	81	1302	
Sodium	mg	53		0	15	240	
Zinc	mg	3.64		0	1.03	16.51	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.090		0	0.876	14.016	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.350		0	0.099	1.588	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.98		0	0.84	13.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.290		0	2.917	46.675	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.026	0.408	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.820		0	0.232	3.720	
15.0	g						
16:0	g	6.190		0	1.755	28.078	
17:0	g						
18:0	g	3.140		0	0.890	14.243	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.920	0	3.096	49.533
14:1	g				
16:1	g	1.270	0	0.360	5.761
18:1	g	9.610	0	2.724	43.591
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.890	0	0.252	4.037
18:2	g	0.570	0	0.162	2.586
18:3	g	0.310	0	0.088	1.406
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.188	0	0.053	0.853
Threonine	g	0.734	0	0.208	3.329
Isoleucine	g	0.755	0	0.214	3.425
Leucine	g	1.327	0	0.376	6.019
Lysine	g	1.397	0	0.396	6.337
Methionine	g	0.430	0	0.122	1.950
Cystine	g	0.188	0	0.053	0.853
Phenylalanine	g	0.656	0	0.186	2.976
Tyrosine	g	0.564	0	0.160	2.558
Valine	g	0.817	0	0.232	3.706
Arginine	g	1.061	0	0.301	4.813
Histidine	g	0.575	0	0.163	2.608
Alanine	g	1.013	0	0.287	4.595
Aspartic acid	g	1.534	0	0.435	6.958
Glutamic acid	g	2.523	0	0.715	11.444
Glycine	g	0.916	0	0.260	4.155
Proline	g	0.742	0	0.210	3.366
Serine	g	0.642	0	0.182	2.912
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13124 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.14		0	129.50	40.92	
Energy	kcal	336		0	904	286	
Energy	kj	1406		0	3782	1195	
Protein (N x 5.95)	g	23.69		0	63.73	20.14	
Total lipid (fat)	g	25.98		0	69.89	22.08	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	2.77	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.19		0	5.89	1.86	
Magnesium	mg	22		0	59	19	
Phosphorus	mg	175		0	471	149	
Potassium	mg	325		0	874	276	
Sodium	mg	62		0	167	53	
Zinc	mg	5.59		0	15.04	4.75	
Copper	mg	0.086		0	0.231	0.073	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.242	0.077	
Riboflavin	mg	0.180		0	0.484	0.153	
Niacin	mg	3.990		0	10.733	3.392	
Pantothenic acid	mg	0.290		0	0.780	0.247	
Vitamin B-6	mg	0.330		0	0.888	0.281	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	2.89		0	7.77	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.592	0.187	
Lipids:							
Saturated, total	g	10.520		0	28.299	8.942	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.188	0.060	
12:0	g	0.070		0	0.188	0.060	
14:0	g	0.850		0	2.287	0.723	
15.0	g						
16:0	g	6.450		0	17.351	5.482	
17:0	g						
18:0	g	3.070		0	8.258	2.609	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.160	0	30.020	9.486
14:1	g				
16:1	g	1.070	0	2.878	0.910
18:1	g	10.040	0	27.008	8.534
20:1	g	0.040	0	0.108	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.900	0	2.421	0.765
18:2	g	0.610	0	1.641	0.518
18:3	g	0.270	0	0.726	0.230
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.054	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	226	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.713	0.225
Threonine	g	1.035	0	2.784	0.880
Isoleucine	g	1.065	0	2.865	0.905
Leucine	g	1.873	0	5.038	1.592
Lysine	g	1.971	0	5.302	1.675
Methionine	g	0.606	0	1.630	0.515
Cystine	g	0.265	0	0.713	0.225
Phenylalanine	g	0.925	0	2.488	0.786
Tyrosine	g	0.796	0	2.141	0.677
Valine	g	1.152	0	3.099	0.979
Arginine	g	1.497	0	4.027	1.272
Histidine	g	0.811	0	2.182	0.689
Alanine	g	1.429	0	3.844	1.215
Aspartic acid	g	2.164	0	5.821	1.839
Glutamic acid	g	3.559	0	9.574	3.025
Glycine	g	1.293	0	3.478	1.099
Proline	g	1.046	0	2.814	0.889
Serine	g	0.906	0	2.437	0.770
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13125 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.39		0	136.94	41.13	
Energy	kcal	347		0	982	295	
Energy	kj	1452		0	4109	1234	
Protein (N x 5.95)	g	22.31		0	63.14	18.96	
Total lipid (fat)	g	27.96		0	79.13	23.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	3.11	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	37	11	
Iron	mg	2.39		0	6.76	2.03	
Magnesium	mg	20		0	57	17	
Phosphorus	mg	181		0	512	154	
Potassium	mg	320		0	906	272	
Sodium	mg	63		0	178	54	
Zinc	mg	4.87		0	13.78	4.14	
Copper	mg	0.077		0	0.218	0.065	
Manganese	mg	0.013		0	0.037	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.170	0.051	
Riboflavin	mg	0.160		0	0.453	0.136	
Niacin	mg	3.130		0	8.858	2.661	
Pantothenic acid	mg	0.240		0	0.679	0.204	
Vitamin B-6	mg	0.240		0	0.679	0.204	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.85		0	8.07	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.260		0	31.866	9.571	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.255	0.077	
12:0	g	0.080		0	0.226	0.068	
14:0	g	0.910		0	2.575	0.774	
15.0	g						
16:0	g	6.940		0	19.640	5.899	
17:0	g						
18:0	g	3.250		0	9.197	2.763	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.090	0	34.215	10.277
14:1	g				
16:1	g	1.210	0	3.424	1.028
18:1	g	10.820	0	30.621	9.197
20:1	g	0.060	0	0.170	0.051
22.1	g				
Polyunsaturated, total	g	1.020	0	2.887	0.867
18:2	g	0.670	0	1.896	0.570
18:3	g	0.330	0	0.934	0.281
18:4	g				
20:4	g	0.010	0	0.028	0.009
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	235	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.708	0.213
Threonine	g	0.974	0	2.756	0.828
Isoleucine	g	1.003	0	2.838	0.853
Leucine	g	1.763	0	4.989	1.499
Lysine	g	1.856	0	5.252	1.578
Methionine	g	0.571	0	1.616	0.485
Cystine	g	0.250	0	0.708	0.213
Phenylalanine	g	0.871	0	2.465	0.740
Tyrosine	g	0.750	0	2.123	0.637
Valine	g	1.085	0	3.071	0.922
Arginine	g	1.410	0	3.990	1.198
Histidine	g	0.764	0	2.162	0.649
Alanine	g	1.346	0	3.809	1.144
Aspartic acid	g	2.038	0	5.768	1.732
Glutamic acid	g	3.352	0	9.486	2.849
Glycine	g	1.217	0	3.444	1.034
Proline	g	0.985	0	2.788	0.837
Serine	g	0.853	0	2.414	0.725
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13126 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	54.15		0	15.35	245.62	
Energy	kcal	315		0	89	1429	
Energy	kj	1318		0	374	5978	
Protein (N x 5.95)	g	16.56		0	4.69	75.12	
Total lipid (fat)	g	27.08		0	7.68	122.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	0.22	3.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.75		0	0.50	7.94	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	158		0	45	717	
Potassium	mg	281		0	80	1275	
Sodium	mg	53		0	15	240	
Zinc	mg	3.56		0	1.01	16.15	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.120		0	0.034	0.544	
Niacin	mg	3.050		0	0.865	13.835	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.340		0	0.096	1.542	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.94		0	0.83	13.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.090		0	3.144	50.304	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.026	0.408	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.880		0	0.249	3.992	
15.0	g						
16:0	g	6.670		0	1.891	30.255	
17:0	g						
18:0	g	3.380		0	0.958	15.332	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.770	0	3.337	53.389
14:1	g				
16:1	g	1.370	0	0.388	6.214
18:1	g	10.370	0	2.940	47.038
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.960	0	0.272	4.355
18:2	g	0.610	0	0.173	2.767
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	0	0.052	0.839
Threonine	g	0.723	0	0.205	3.280
Isoleucine	g	0.744	0	0.211	3.375
Leucine	g	1.309	0	0.371	5.938
Lysine	g	1.377	0	0.390	6.246
Methionine	g	0.424	0	0.120	1.923
Cystine	g	0.185	0	0.052	0.839
Phenylalanine	g	0.646	0	0.183	2.930
Tyrosine	g	0.556	0	0.158	2.522
Valine	g	0.805	0	0.228	3.651
Arginine	g	1.046	0	0.297	4.745
Histidine	g	0.567	0	0.161	2.572
Alanine	g	0.999	0	0.283	4.531
Aspartic acid	g	1.513	0	0.429	6.863
Glutamic acid	g	2.487	0	0.705	11.281
Glycine	g	0.903	0	0.256	4.096
Proline	g	0.731	0	0.207	3.316
Serine	g	0.633	0	0.179	2.871
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13127 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 2% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.23		0	128.47	40.15	
Energy	kcal	349		0	949	297	
Energy	kj	1460		0	3971	1241	
Protein (N x 5.95)	g	23.52		0	63.97	19.99	
Total lipid (fat)	g	27.61		0	75.10	23.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	2.80	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.18		0	5.93	1.85	
Magnesium	mg	22		0	60	19	
Phosphorus	mg	174		0	473	148	
Potassium	mg	322		0	876	274	
Sodium	mg	62		0	169	53	
Zinc	mg	5.54		0	15.07	4.71	
Copper	mg	0.086		0	0.234	0.073	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.245	0.077	
Riboflavin	mg	0.180		0	0.490	0.153	
Niacin	mg	3.960		0	10.771	3.366	
Pantothenic acid	mg	0.290		0	0.789	0.247	
Vitamin B-6	mg	0.330		0	0.898	0.281	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	2.88		0	7.83	2.45	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.180		0	30.410	9.503	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.218	0.068	
12:0	g	0.070		0	0.190	0.060	
14:0	g	0.900		0	2.448	0.765	
15.0	g						
16:0	g	6.850		0	18.632	5.822	
17:0	g						
18:0	g	3.270		0	8.894	2.780	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.850	0	32.232	10.072
14:1	g				
16:1	g	1.130	0	3.074	0.961
18:1	g	10.670	0	29.022	9.069
20:1	g	0.040	0	0.109	0.034
22.1	g				
Polyunsaturated, total	g	0.960	0	2.611	0.816
18:2	g	0.650	0	1.768	0.553
18:3	g	0.290	0	0.789	0.247
18:4	g				
20:4	g	0.020	0	0.054	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	228	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.715	0.224
Threonine	g	1.027	0	2.793	0.873
Isoleucine	g	1.057	0	2.875	0.898
Leucine	g	1.859	0	5.056	1.580
Lysine	g	1.957	0	5.323	1.663
Methionine	g	0.602	0	1.637	0.512
Cystine	g	0.263	0	0.715	0.224
Phenylalanine	g	0.918	0	2.497	0.780
Tyrosine	g	0.790	0	2.149	0.672
Valine	g	1.144	0	3.112	0.972
Arginine	g	1.486	0	4.042	1.263
Histidine	g	0.805	0	2.190	0.684
Alanine	g	1.419	0	3.860	1.206
Aspartic acid	g	2.148	0	5.843	1.826
Glutamic acid	g	3.533	0	9.610	3.003
Glycine	g	1.283	0	3.490	1.091
Proline	g	1.038	0	2.823	0.882
Serine	g	0.899	0	2.445	0.764
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13128 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 2% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.46		0	129.62	39.49	
Energy	kcal	367		0	1024	312	
Energy	kj	1536		0	4285	1306	
Protein (N x 5.95)	g	21.98		0	61.32	18.68	
Total lipid (fat)	g	30.24		0	84.37	25.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	3.01	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	2.35		0	6.56	2.00	
Magnesium	mg	19		0	53	16	
Phosphorus	mg	178		0	497	151	
Potassium	mg	314		0	876	267	
Sodium	mg	62		0	173	53	
Zinc	mg	4.77		0	13.31	4.05	
Copper	mg	0.076		0	0.212	0.065	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.167	0.051	
Riboflavin	mg	0.160		0	0.446	0.136	
Niacin	mg	3.090		0	8.621	2.626	
Pantothenic acid	mg	0.230		0	0.642	0.196	
Vitamin B-6	mg	0.240		0	0.670	0.204	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.82		0	7.87	2.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.190		0	34.010	10.361	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.100		0	0.279	0.085	
12:0	g	0.080		0	0.223	0.068	
14:0	g	0.980		0	2.734	0.833	
15.0	g						
16:0	g	7.520		0	20.981	6.392	
17:0	g						
18:0	g	3.510		0	9.793	2.983	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.080	0	36.493	11.118
14:1	g				
16:1	g	1.330	0	3.711	1.131
18:1	g	11.690	0	32.615	9.937
20:1	g	0.060	0	0.167	0.051
22.1	g				
Polyunsaturated, total	g	1.110	0	3.097	0.944
18:2	g	0.720	0	2.009	0.612
18:3	g	0.370	0	1.032	0.315
18:4	g				
20:4	g	0.010	0	0.028	0.009
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	234	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.246	0	0.686	0.209
Threonine	g	0.960	0	2.678	0.816
Isoleucine	g	0.988	0	2.757	0.840
Leucine	g	1.738	0	4.849	1.477
Lysine	g	1.829	0	5.103	1.555
Methionine	g	0.563	0	1.571	0.479
Cystine	g	0.246	0	0.686	0.209
Phenylalanine	g	0.858	0	2.394	0.729
Tyrosine	g	0.739	0	2.062	0.628
Valine	g	1.069	0	2.983	0.909
Arginine	g	1.389	0	3.875	1.181
Histidine	g	0.753	0	2.101	0.640
Alanine	g	1.326	0	3.700	1.127
Aspartic acid	g	2.008	0	5.602	1.707
Glutamic acid	g	3.303	0	9.215	2.808
Glycine	g	1.199	0	3.345	1.019
Proline	g	0.971	0	2.709	0.825
Serine	g	0.841	0	2.346	0.715
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13129 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.85		0	16.12	257.87	
Energy	kcal	286		0	81	1297	
Energy	kj	1197		0	339	5430	
Protein (N x 5.95)	g	16.91		0	4.79	76.70	
Total lipid (fat)	g	23.67		0	6.71	107.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.23	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.79		0	0.51	8.12	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	161		0	46	730	
Potassium	mg	290		0	82	1315	
Sodium	mg	54		0	15	245	
Zinc	mg	3.67		0	1.04	16.65	
Copper	mg	0.058		0	0.016	0.263	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.110		0	0.882	14.107	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.350		0	0.099	1.588	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	3.00		0	0.85	13.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.710		0	2.753	44.045	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.770		0	0.218	3.493	
15.0	g						
16:0	g	5.840		0	1.656	26.490	
17:0	g						
18:0	g	2.960		0	0.839	13.427	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.290	0	2.917	46.675
14:1	g				
16:1	g	1.200	0	0.340	5.443
18:1	g	9.050	0	2.566	41.051
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.840	0	0.238	3.810
18:2	g	0.530	0	0.150	2.404
18:3	g	0.290	0	0.082	1.315
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.189	0	0.054	0.857
Threonine	g	0.739	0	0.210	3.352
Isoleucine	g	0.760	0	0.215	3.447
Leucine	g	1.337	0	0.379	6.065
Lysine	g	1.407	0	0.399	6.382
Methionine	g	0.433	0	0.123	1.964
Cystine	g	0.189	0	0.054	0.857
Phenylalanine	g	0.660	0	0.187	2.994
Tyrosine	g	0.568	0	0.161	2.576
Valine	g	0.823	0	0.233	3.733
Arginine	g	1.069	0	0.303	4.849
Histidine	g	0.579	0	0.164	2.626
Alanine	g	1.020	0	0.289	4.627
Aspartic acid	g	1.545	0	0.438	7.008
Glutamic acid	g	2.541	0	0.720	11.526
Glycine	g	0.923	0	0.262	4.187
Proline	g	0.747	0	0.212	3.388
Serine	g	0.647	0	0.183	2.935
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13130 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.07		0	130.04	41.71	
Energy	kcal	321		0	851	273	
Energy	kj	1343		0	3559	1142	
Protein (N x 5.95)	g	23.86		0	63.23	20.28	
Total lipid (fat)	g	24.25		0	64.26	20.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.76	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	34	11	
Iron	mg	2.21		0	5.86	1.88	
Magnesium	mg	22		0	58	19	
Phosphorus	mg	176		0	466	150	
Potassium	mg	328		0	869	279	
Sodium	mg	62		0	164	53	
Zinc	mg	5.65		0	14.97	4.80	
Copper	mg	0.087		0	0.231	0.074	
Manganese	mg	0.014		0	0.037	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.239	0.077	
Riboflavin	mg	0.190		0	0.504	0.161	
Niacin	mg	4.020		0	10.653	3.417	
Pantothenic acid	mg	0.290		0	0.769	0.247	
Vitamin B-6	mg	0.340		0	0.901	0.289	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	2.91		0	7.71	2.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.820		0	26.023	8.347	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.186	0.060	
12:0	g	0.070		0	0.186	0.060	
14:0	g	0.790		0	2.094	0.672	
15.0	g						
16:0	g	6.030		0	15.979	5.126	
17:0	g						
18:0	g	2.860		0	7.579	2.431	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.420	0	27.613	8.857
14:1	g				
16:1	g	1.000	0	2.650	0.850
18:1	g	9.370	0	24.830	7.964
20:1	g	0.040	0	0.106	0.034
22.1	g				
Polyunsaturated, total	g	0.850	0	2.252	0.723
18:2	g	0.570	0	1.510	0.484
18:3	g	0.260	0	0.689	0.221
18:4	g				
20:4	g	0.020	0	0.053	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	223	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.267	0	0.708	0.227
Threonine	g	1.042	0	2.761	0.886
Isoleucine	g	1.073	0	2.843	0.912
Leucine	g	1.886	0	4.998	1.603
Lysine	g	1.986	0	5.263	1.688
Methionine	g	0.611	0	1.619	0.519
Cystine	g	0.267	0	0.708	0.227
Phenylalanine	g	0.932	0	2.470	0.792
Tyrosine	g	0.802	0	2.125	0.682
Valine	g	1.161	0	3.077	0.987
Arginine	g	1.508	0	3.996	1.282
Histidine	g	0.817	0	2.165	0.694
Alanine	g	1.440	0	3.816	1.224
Aspartic acid	g	2.180	0	5.777	1.853
Glutamic acid	g	3.585	0	9.500	3.047
Glycine	g	1.302	0	3.450	1.107
Proline	g	1.054	0	2.793	0.896
Serine	g	0.913	0	2.419	0.776
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13131 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.07		0	143.20	42.56	
Energy	kcal	331		0	947	281	
Energy	kj	1385		0	3961	1177	
Protein (N x 5.95)	g	22.47		0	64.26	19.10	
Total lipid (fat)	g	26.11		0	74.67	22.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	3.15	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	37	11	
Iron	mg	2.41		0	6.89	2.05	
Magnesium	mg	20		0	57	17	
Phosphorus	mg	183		0	523	156	
Potassium	mg	323		0	924	275	
Sodium	mg	63		0	180	54	
Zinc	mg	4.91		0	14.04	4.17	
Copper	mg	0.077		0	0.220	0.065	
Manganese	mg	0.013		0	0.037	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.172	0.051	
Riboflavin	mg	0.160		0	0.458	0.136	
Niacin	mg	3.150		0	9.009	2.678	
Pantothenic acid	mg	0.240		0	0.686	0.204	
Vitamin B-6	mg	0.240		0	0.686	0.204	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.87		0	8.21	2.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.490		0	30.001	8.916	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.229	0.068	
12:0	g	0.070		0	0.200	0.060	
14:0	g	0.840		0	2.402	0.714	
15.0	g						
16:0	g	6.470		0	18.504	5.499	
17:0	g						
18:0	g	3.030		0	8.666	2.575	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.280	0	32.261	9.588
14:1	g				
16:1	g	1.120	0	3.203	0.952
18:1	g	10.110	0	28.915	8.593
20:1	g	0.060	0	0.172	0.051
22.1	g				
Polyunsaturated, total	g	0.950	0	2.717	0.808
18:2	g	0.630	0	1.802	0.536
18:3	g	0.300	0	0.858	0.255
18:4	g				
20:4	g	0.010	0	0.029	0.009
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	237	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.721	0.214
Threonine	g	0.981	0	2.806	0.834
Isoleucine	g	1.010	0	2.889	0.859
Leucine	g	1.776	0	5.079	1.510
Lysine	g	1.869	0	5.345	1.589
Methionine	g	0.575	0	1.644	0.489
Cystine	g	0.252	0	0.721	0.214
Phenylalanine	g	0.877	0	2.508	0.745
Tyrosine	g	0.755	0	2.159	0.642
Valine	g	1.093	0	3.126	0.929
Arginine	g	1.420	0	4.061	1.207
Histidine	g	0.769	0	2.199	0.654
Alanine	g	1.355	0	3.875	1.152
Aspartic acid	g	2.053	0	5.872	1.745
Glutamic acid	g	3.376	0	9.655	2.870
Glycine	g	1.226	0	3.506	1.042
Proline	g	0.992	0	2.837	0.843
Serine	g	0.859	0	2.457	0.730
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13132 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 18% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	52.51		0	14.89	238.19	
Energy	kcal	342		0	97	1551	
Energy	kj	1431		0	406	6491	
Protein (N x 5.95)	g	16.56		0	4.69	75.12	
Total lipid (fat)	g	30.08		0	8.53	136.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	0.22	3.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.75		0	0.50	7.94	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	158		0	45	717	
Potassium	mg	281		0	80	1275	
Sodium	mg	53		0	15	240	
Zinc	mg	3.56		0	1.01	16.15	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.120		0	0.034	0.544	
Niacin	mg	3.050		0	0.865	13.835	
Pantothenic acid	mg	0.280		0	0.079	1.270	
Vitamin B-6	mg	0.340		0	0.096	1.542	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.94		0	0.83	13.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.450		0	3.530	56.473	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.100		0	0.028	0.454	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.970		0	0.275	4.400	
15.0	g						
16:0	g	7.370		0	2.089	33.430	
17:0	g						
18:0	g	3.770		0	1.069	17.101	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.230	0	3.751	60.011
14:1	g				
16:1	g	1.470	0	0.417	6.668
18:1	g	11.550	0	3.274	52.391
20:1	g	0.040	0	0.011	0.181
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	0.303	4.854
18:2	g	0.700	0	0.198	3.175
18:3	g	0.330	0	0.094	1.497
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	0	0.052	0.839
Threonine	g	0.723	0	0.205	3.280
Isoleucine	g	0.744	0	0.211	3.375
Leucine	g	1.309	0	0.371	5.938
Lysine	g	1.377	0	0.390	6.246
Methionine	g	0.424	0	0.120	1.923
Cystine	g	0.185	0	0.052	0.839
Phenylalanine	g	0.646	0	0.183	2.930
Tyrosine	g	0.556	0	0.158	2.522
Valine	g	0.805	0	0.228	3.651
Arginine	g	1.046	0	0.297	4.745
Histidine	g	0.567	0	0.161	2.572
Alanine	g	0.999	0	0.283	4.531
Aspartic acid	g	1.513	0	0.429	6.863
Glutamic acid	g	2.487	0	0.705	11.281
Glycine	g	0.903	0	0.256	4.096
Proline	g	0.731	0	0.207	3.316
Serine	g	0.633	0	0.179	2.871
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13133 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.81		0	127.32	39.79	
Energy	kcal	361		0	982	307	
Energy	kj	1510		0	4107	1284	
Protein (N x 5.95)	g	23.86		0	64.90	20.28	
Total lipid (fat)	g	28.68		0	78.01	24.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.83	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.21		0	6.01	1.88	
Magnesium	mg	22		0	60	19	
Phosphorus	mg	176		0	479	150	
Potassium	mg	328		0	892	279	
Sodium	mg	62		0	169	53	
Zinc	mg	5.65		0	15.37	4.80	
Copper	mg	0.087		0	0.237	0.074	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.245	0.077	
Riboflavin	mg	0.190		0	0.517	0.161	
Niacin	mg	4.020		0	10.934	3.417	
Pantothenic acid	mg	0.290		0	0.789	0.247	
Vitamin B-6	mg	0.340		0	0.925	0.289	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	2.91		0	7.92	2.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.840		0	32.205	10.064	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.190	0.060	
12:0	g	0.070		0	0.190	0.060	
14:0	g	0.940		0	2.557	0.799	
15.0	g						
16:0	g	7.090		0	19.285	6.026	
17:0	g						
18:0	g	3.450		0	9.384	2.933	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.480	0	33.946	10.608
14:1	g				
16:1	g	1.160	0	3.155	0.986
18:1	g	11.100	0	30.192	9.435
20:1	g	0.050	0	0.136	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.000	0	2.720	0.850
18:2	g	0.670	0	1.822	0.570
18:3	g	0.270	0	0.734	0.230
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.109	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	228	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.267	0	0.726	0.227
Threonine	g	1.042	0	2.834	0.886
Isoleucine	g	1.073	0	2.919	0.912
Leucine	g	1.886	0	5.130	1.603
Lysine	g	1.986	0	5.402	1.688
Methionine	g	0.611	0	1.662	0.519
Cystine	g	0.267	0	0.726	0.227
Phenylalanine	g	0.932	0	2.535	0.792
Tyrosine	g	0.802	0	2.181	0.682
Valine	g	1.161	0	3.158	0.987
Arginine	g	1.508	0	4.102	1.282
Histidine	g	0.817	0	2.222	0.694
Alanine	g	1.440	0	3.917	1.224
Aspartic acid	g	2.180	0	5.930	1.853
Glutamic acid	g	3.585	0	9.751	3.047
Glycine	g	1.302	0	3.541	1.107
Proline	g	1.054	0	2.867	0.896
Serine	g	0.913	0	2.483	0.776
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13134 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 276g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	41.33		0	114.07	35.13	
Energy	kcal	417		0	1151	354	
Energy	kj	1745		0	4816	1483	
Protein (N x 5.95)	g	21.91		0	60.47	18.62	
Total lipid (fat)	g	35.86		0	98.97	30.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.48	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	1.93		0	5.33	1.64	
Magnesium	mg	19		0	52	16	
Phosphorus	mg	176		0	486	150	
Potassium	mg	318		0	878	270	
Sodium	mg	65		0	179	55	
Zinc	mg	4.75		0	13.11	4.04	
Copper	mg	0.076		0	0.210	0.065	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.166	0.051	
Riboflavin	mg	0.160		0	0.442	0.136	
Niacin	mg	3.010		0	8.308	2.559	
Pantothenic acid	mg	0.350		0	0.966	0.298	
Vitamin B-6	mg	0.300		0	0.828	0.255	
Folate	µg	6		0	17	5	
Vitamin B-12	µg	2.84		0	7.84	2.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.810		0	40.876	12.589	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090		0	0.248	0.077	
12:0	g	0.080		0	0.221	0.068	
14:0	g	1.170		0	3.229	0.995	
15.0	g						
16:0	g	8.870		0	24.481	7.539	
17:0	g						
18:0	g	4.310		0	11.896	3.663	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.600	0	43.056	13.260
14:1	g				
16:1	g	1.450	0	4.002	1.232
18:1	g	13.870	0	38.281	11.790
20:1	g	0.060	0	0.166	0.051
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.250	0	3.450	1.063
18:2	g	0.840	0	2.318	0.714
18:3	g	0.350	0	0.966	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.110	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	232	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.245	0	0.676	0.208
Threonine	g	0.957	0	2.641	0.813
Isoleucine	g	0.985	0	2.719	0.837
Leucine	g	1.732	0	4.780	1.472
Lysine	g	1.823	0	5.031	1.550
Methionine	g	0.561	0	1.548	0.477
Cystine	g	0.245	0	0.676	0.208
Phenylalanine	g	0.855	0	2.360	0.727
Tyrosine	g	0.736	0	2.031	0.626
Valine	g	1.066	0	2.942	0.906
Arginine	g	1.385	0	3.823	1.177
Histidine	g	0.750	0	2.070	0.637
Alanine	g	1.322	0	3.649	1.124
Aspartic acid	g	2.002	0	5.526	1.702
Glutamic acid	g	3.292	0	9.086	2.798
Glycine	g	1.195	0	3.298	1.016
Proline	g	0.968	0	2.672	0.823
Serine	g	0.838	0	2.313	0.712
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13135 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 40% Bone 16%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.50		1	19.70	315.25	
Energy	kcal	152		0	43	689	
Energy	kj	636		0	180	2885	
Protein (N x 5.95)	g	20.13	0.186	100	5.71	91.31	
Total lipid (fat)	g	7.30		1	2.07	33.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.016	23	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.912	10	3	45	
Iron	mg	2.18	0.046	65	0.62	9.89	
Magnesium	mg	22	0.270	37	6	100	
Phosphorus	mg	196	3.293	27	56	889	
Potassium	mg	373	8.242	37	106	1692	
Sodium	mg	63	1.607	37	18	286	
Zinc	mg	4.66	0.077	36	1.32	21.14	
Copper	mg	0.067	0.002	34	0.019	0.304	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.003	38	0.026	0.408	
Riboflavin	mg	0.150	0.005	35	0.043	0.680	
Niacin	mg	3.740	0.183	38	1.060	16.965	
Pantothenic acid	mg	0.340		1	0.096	1.542	
Vitamin B-6	mg	0.420		1	0.119	1.905	
Folate	µg	6	0.678	14	2	27	
Vitamin B-12	µg	3.57	0.223	38	1.01	16.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.840		0	0.805	12.882	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		40	0.000	0.000	
12:0	g	0.000		40	0.000	0.000	
14:0	g	0.210		40	0.060	0.953	
15.0	g						
16:0	g	1.700		40	0.482	7.711	
17:0	g						
18:0	g	0.930		40	0.264	4.218	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130		0	0.887	14.198
14:1	g					
16:1	g	0.250		40	0.071	1.134
18:1	g	2.870		40	0.814	13.018
20:1	g	0.010		40	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.240		0	0.068	1.089
18:2	g	0.210		40	0.060	0.953
18:3	g	0.010		40	0.003	0.045
18:4	g					
20:4	g	0.020		40	0.006	0.091
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	0.712	33	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.225		0	0.064	1.021
Threonine	g	0.879		0	0.249	3.987
Isoleucine	g	0.905		0	0.257	4.105
Leucine	g	1.591		0	0.451	7.217
Lysine	g	1.675		0	0.475	7.598
Methionine	g	0.515		0	0.146	2.336
Cystine	g	0.225		0	0.064	1.021
Phenylalanine	g	0.786		0	0.223	3.565
Tyrosine	g	0.676		0	0.192	3.066
Valine	g	0.979		0	0.278	4.441
Arginine	g	1.272		0	0.361	5.770
Histidine	g	0.689		0	0.195	3.125
Alanine	g	1.214		0	0.344	5.507
Aspartic acid	g	1.839		0	0.521	8.342
Glutamic acid	g	3.025		0	0.858	13.721
Glycine	g	1.098		0	0.311	4.981
Proline	g	0.889		0	0.252	4.033
Serine	g	0.770		0	0.218	3.493
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13136 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 41% 21% bone, 20% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.00		1	116.58	49.30	
Energy	kcal	221		0	444	188	
Energy	kj	925		0	1859	786	
Protein (N x 5.95)	g	28.04	0.520	10	56.36	23.83	
Total lipid (fat)	g	11.20		1	22.51	9.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23	0.036	9	2.47	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.314	9	26	11	
Iron	mg	2.57	0.142	9	5.17	2.18	
Magnesium	mg	27	0.821	9	54	23	
Phosphorus	mg	208		1	418	177	
Potassium	mg	394	10.256	9	792	335	
Sodium	mg	69	4.965	9	139	59	
Zinc	mg	6.99	0.696	8	14.05	5.94	
Copper	mg	0.100	0.006	8	0.201	0.085	
Manganese	mg	0.016		1	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.010	10	0.201	0.085	
Riboflavin	mg	0.220	0.007	9	0.442	0.187	
Niacin	mg	4.800	0.140	10	9.648	4.080	
Pantothenic acid	mg	0.340		1	0.683	0.289	
Vitamin B-6	mg	0.400		1	0.804	0.340	
Folate	µg	8	0.733	10	16	7	
Vitamin B-12	µg	3.32	0.570	10	6.67	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.281	0.119	
Lipids:							
Saturated, total	g	4.520		0	9.085	3.842	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		7	0.020	0.009	
12:0	g	0.010		7	0.020	0.009	
14:0	g	0.350		7	0.703	0.298	
15.0	g						
16:0	g	2.680		7	5.387	2.278	
17:0	g						
18:0	g	1.480		7	2.975	1.258	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.720		0	9.487	4.012
14:1	g					
16:1	g	0.380		7	0.764	0.323
18:1	g	4.350		7	8.743	3.697
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.320		0	0.643	0.272
18:2	g	0.270		7	0.543	0.230
18:3	g	0.020		7	0.040	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		7	0.060	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	80	1.472	7	161	68
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.631	0.267
Threonine	g	1.225		0	2.462	1.041
Isoleucine	g	1.261		0	2.535	1.072
Leucine	g	2.216		0	4.454	1.884
Lysine	g	2.333		0	4.689	1.983
Methionine	g	0.718		0	1.443	0.610
Cystine	g	0.314		0	0.631	0.267
Phenylalanine	g	1.095		0	2.201	0.931
Tyrosine	g	0.942		0	1.893	0.801
Valine	g	1.364		0	2.742	1.159
Arginine	g	1.772		0	3.562	1.506
Histidine	g	0.960		0	1.930	0.816
Alanine	g	1.691		0	3.399	1.437
Aspartic acid	g	2.562		0	5.150	2.178
Glutamic acid	g	4.212		0	8.466	3.580
Glycine	g	1.530		0	3.075	1.301
Proline	g	1.238		0	2.488	1.052
Serine	g	1.072		0	2.155	0.911
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13137 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 42% 19% bone, 23% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 203g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.98		0	121.76	50.98	
Energy	kcal	218		0	443	185	
Energy	kj	912		0	1851	775	
Protein (N x 5.95)	g	26.84		0	54.49	22.81	
Total lipid (fat)	g	11.49		0	23.32	9.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	2.74	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	24	10	
Iron	mg	2.91		0	5.91	2.47	
Magnesium	mg	25		0	51	21	
Phosphorus	mg	222		0	451	189	
Potassium	mg	398		0	808	338	
Sodium	mg	71		0	144	60	
Zinc	mg	6.21		0	12.61	5.28	
Copper	mg	0.089		0	0.181	0.076	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.142	0.060	
Riboflavin	mg	0.190		0	0.386	0.161	
Niacin	mg	3.740		0	7.592	3.179	
Pantothenic acid	mg	0.270		0	0.548	0.230	
Vitamin B-6	mg	0.280		0	0.568	0.238	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	3.33		0	6.76	2.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.550		0	9.236	3.868	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.340		0	0.690	0.289	
15.0	g						
16:0	g	2.730		0	5.542	2.321	
17:0	g						
18:0	g	1.450		0	2.943	1.232	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.950	0	10.049	4.207
14:1	g				
16:1	g	0.460	0	0.934	0.391
18:1	g	4.470	0	9.074	3.800
20:1	g	0.020	0	0.041	0.017
22.1	g				
Polyunsaturated, total	g	0.380	0	0.771	0.323
18:2	g	0.300	0	0.609	0.255
18:3	g	0.060	0	0.122	0.051
18:4	g				
20:4	g	0.020	0	0.041	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	160	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.611	0.256
Threonine	g	1.172	0	2.379	0.996
Isoleucine	g	1.207	0	2.450	1.026
Leucine	g	2.122	0	4.308	1.804
Lysine	g	2.233	0	4.533	1.898
Methionine	g	0.687	0	1.395	0.584
Cystine	g	0.301	0	0.611	0.256
Phenylalanine	g	1.048	0	2.127	0.891
Tyrosine	g	0.902	0	1.831	0.767
Valine	g	1.306	0	2.651	1.110
Arginine	g	1.696	0	3.443	1.442
Histidine	g	0.919	0	1.866	0.781
Alanine	g	1.619	0	3.287	1.376
Aspartic acid	g	2.452	0	4.978	2.084
Glutamic acid	g	4.033	0	8.187	3.428
Glycine	g	1.465	0	2.974	1.245
Proline	g	1.185	0	2.406	1.007
Serine	g	1.026	0	2.083	0.872
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13138 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 42% Bone 17%, separable fat 25%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.70		1	19.48	311.62	
Energy	kcal	161		0	46	730	
Energy	kj	674		0	191	3057	
Protein (N x 5.95)	g	20.13		1	5.71	91.31	
Total lipid (fat)	g	8.30		1	2.35	37.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		1	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	45	
Iron	mg	2.18		1	0.62	9.89	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	196		1	56	889	
Potassium	mg	373		1	106	1692	
Sodium	mg	63		1	18	286	
Zinc	mg	4.66		1	1.32	21.14	
Copper	mg	0.067		1	0.019	0.304	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	3.740		1	1.060	16.965	
Pantothenic acid	mg	0.340		1	0.096	1.542	
Vitamin B-6	mg	0.420		1	0.119	1.905	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.57		1	1.01	16.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.230		0	0.916	14.651	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		40	0.000	0.000	
12:0	g	0.000		40	0.000	0.000	
14:0	g	0.240		40	0.068	1.089	
15.0	g						
16:0	g	1.930		40	0.547	8.754	
17:0	g						
18:0	g	1.060		40	0.301	4.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.560	0	1.009	16.148
14:1	g				
16:1	g	0.290	40	0.082	1.315
18:1	g	3.260	40	0.924	14.787
20:1	g	0.010	40	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.270	0	0.077	1.225
18:2	g	0.240	40	0.068	1.089
18:3	g	0.010	40	0.003	0.045
18:4	g				
20:4	g	0.020	40	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.064	1.021
Threonine	g	0.879	0	0.249	3.987
Isoleucine	g	0.905	0	0.257	4.105
Leucine	g	1.591	0	0.451	7.217
Lysine	g	1.675	0	0.475	7.598
Methionine	g	0.515	0	0.146	2.336
Cystine	g	0.225	0	0.064	1.021
Phenylalanine	g	0.786	0	0.223	3.565
Tyrosine	g	0.676	0	0.192	3.066
Valine	g	0.979	0	0.278	4.441
Arginine	g	1.272	0	0.361	5.770
Histidine	g	0.689	0	0.195	3.125
Alanine	g	1.214	0	0.344	5.507
Aspartic acid	g	1.839	0	0.521	8.342
Glutamic acid	g	3.025	0	0.858	13.721
Glycine	g	1.098	0	0.311	4.981
Proline	g	0.889	0	0.252	4.033
Serine	g	0.770	0	0.218	3.493
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13139 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 41% 20% bone, 21% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.30		0	115.17	48.70	
Energy	kcal	233		0	468	198	
Energy	kj	975		0	1960	829	
Protein (N x 5.95)	g	28.04		0	56.36	23.83	
Total lipid (fat)	g	12.60		0	25.33	10.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.47	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	26	11	
Iron	mg	2.57		0	5.17	2.18	
Magnesium	mg	27		0	54	23	
Phosphorus	mg	208		0	418	177	
Potassium	mg	394		0	792	335	
Sodium	mg	69		0	139	59	
Zinc	mg	6.99		0	14.05	5.94	
Copper	mg	0.100		0	0.201	0.085	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.201	0.085	
Riboflavin	mg	0.220		0	0.442	0.187	
Niacin	mg	4.800		0	9.648	4.080	
Pantothenic acid	mg	0.340		0	0.683	0.289	
Vitamin B-6	mg	0.400		0	0.804	0.340	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	3.32		0	6.67	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.090		0	10.231	4.326	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.390		0	0.784	0.331	
15.0	g						
16:0	g	3.010		0	6.050	2.559	
17:0	g						
18:0	g	1.660		0	3.337	1.411	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.320	0	10.693	4.522
14:1	g				
16:1	g	0.430	0	0.864	0.366
18:1	g	4.890	0	9.829	4.156
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.360	0	0.724	0.306
18:2	g	0.300	0	0.603	0.255
18:3	g	0.020	0	0.040	0.017
18:4	g				
20:4	g	0.030	0	0.060	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	161	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.631	0.267
Threonine	g	1.225	0	2.462	1.041
Isoleucine	g	1.261	0	2.535	1.072
Leucine	g	2.216	0	4.454	1.884
Lysine	g	2.333	0	4.689	1.983
Methionine	g	0.718	0	1.443	0.610
Cystine	g	0.314	0	0.631	0.267
Phenylalanine	g	1.095	0	2.201	0.931
Tyrosine	g	0.942	0	1.893	0.801
Valine	g	1.364	0	2.742	1.159
Arginine	g	1.772	0	3.562	1.506
Histidine	g	0.960	0	1.930	0.816
Alanine	g	1.691	0	3.399	1.437
Aspartic acid	g	2.562	0	5.150	2.178
Glutamic acid	g	4.212	0	8.466	3.580
Glycine	g	1.530	0	3.075	1.301
Proline	g	1.238	0	2.488	1.052
Serine	g	1.072	0	2.155	0.911
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13140 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 44% 20% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 196g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.41		0	114.48	49.65	
Energy	kcal	232		0	455	197	
Energy	kj	971		0	1903	825	
Protein (N x 5.95)	g	26.84		0	52.61	22.81	
Total lipid (fat)	g	13.06		0	25.60	11.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	2.65	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	24	10	
Iron	mg	2.91		0	5.70	2.47	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	222		0	435	189	
Potassium	mg	398		0	780	338	
Sodium	mg	71		0	139	60	
Zinc	mg	6.21		0	12.17	5.28	
Copper	mg	0.089		0	0.174	0.076	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.137	0.060	
Riboflavin	mg	0.190		0	0.372	0.161	
Niacin	mg	3.740		0	7.330	3.179	
Pantothenic acid	mg	0.270		0	0.529	0.230	
Vitamin B-6	mg	0.280		0	0.549	0.238	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	3.33		0	6.53	2.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.210		0	10.212	4.429	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.039	0.017	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.400		0	0.784	0.340	
15.0	g						
16:0	g	3.120		0	6.115	2.652	
17:0	g						
18:0	g	1.650		0	3.234	1.403	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.630	0	11.035	4.785
14:1	g				
16:1	g	0.550	0	1.078	0.468
18:1	g	5.070	0	9.937	4.310
20:1	g	0.020	0	0.039	0.017
22.1	g				
Polyunsaturated, total	g	0.440	0	0.862	0.374
18:2	g	0.340	0	0.666	0.289
18:3	g	0.080	0	0.157	0.068
18:4	g				
20:4	g	0.020	0	0.039	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	155	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.590	0.256
Threonine	g	1.172	0	2.297	0.996
Isoleucine	g	1.207	0	2.366	1.026
Leucine	g	2.122	0	4.159	1.804
Lysine	g	2.233	0	4.377	1.898
Methionine	g	0.687	0	1.347	0.584
Cystine	g	0.301	0	0.590	0.256
Phenylalanine	g	1.048	0	2.054	0.891
Tyrosine	g	0.902	0	1.768	0.767
Valine	g	1.306	0	2.560	1.110
Arginine	g	1.696	0	3.324	1.442
Histidine	g	0.919	0	1.801	0.781
Alanine	g	1.619	0	3.173	1.376
Aspartic acid	g	2.452	0	4.806	2.084
Glutamic acid	g	4.033	0	7.905	3.428
Glycine	g	1.464	0	2.869	1.244
Proline	g	1.185	0	2.323	1.007
Serine	g	1.026	0	2.011	0.872
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13141 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 38% Bone 15%, separable fat 23%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.40		1	20.53	328.41	
Energy	kcal	142		0	40	644	
Energy	kj	594		0	168	2694	
Protein (N x 5.95)	g	20.13		1	5.71	91.31	
Total lipid (fat)	g	6.20		1	1.76	28.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		1	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	45	
Iron	mg	2.18		1	0.62	9.89	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	196		1	56	889	
Potassium	mg	373		1	106	1692	
Sodium	mg	63		1	18	286	
Zinc	mg	4.66		1	1.32	21.14	
Copper	mg	0.067		1	0.019	0.304	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	3.740		1	1.060	16.965	
Pantothenic acid	mg	0.340		1	0.096	1.542	
Vitamin B-6	mg	0.420		1	0.119	1.905	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.57		1	1.01	16.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.410		0	0.683	10.932	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		40	0.000	0.000	
12:0	g	0.000		40	0.000	0.000	
14:0	g	0.180		40	0.051	0.816	
15.0	g						
16:0	g	1.440		40	0.408	6.532	
17:0	g						
18:0	g	0.790		40	0.224	3.583	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660	0	0.754	12.066
14:1	g				
16:1	g	0.220	40	0.062	0.998
18:1	g	2.430	40	0.689	11.022
20:1	g	0.010	40	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.200	0	0.057	0.907
18:2	g	0.180	40	0.051	0.816
18:3	g	0.010	40	0.003	0.045
18:4	g				
20:4	g	0.020	40	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.064	1.021
Threonine	g	0.879	0	0.249	3.987
Isoleucine	g	0.905	0	0.257	4.105
Leucine	g	1.591	0	0.451	7.217
Lysine	g	1.675	0	0.475	7.598
Methionine	g	0.515	0	0.146	2.336
Cystine	g	0.225	0	0.064	1.021
Phenylalanine	g	0.786	0	0.223	3.565
Tyrosine	g	0.676	0	0.192	3.066
Valine	g	0.979	0	0.278	4.441
Arginine	g	1.272	0	0.361	5.770
Histidine	g	0.689	0	0.195	3.125
Alanine	g	1.214	0	0.344	5.507
Aspartic acid	g	1.839	0	0.521	8.342
Glutamic acid	g	3.025	0	0.858	13.721
Glycine	g	1.098	0	0.311	4.981
Proline	g	0.889	0	0.252	4.033
Serine	g	0.770	0	0.218	3.493
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13142 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 41% 22% bone, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.70		0	117.99	49.90	
Energy	kcal	207		0	416	176	
Energy	kj	866		0	1741	736	
Protein (N x 5.95)	g	28.04		0	56.36	23.83	
Total lipid (fat)	g	9.70		0	19.50	8.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.47	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	26	11	
Iron	mg	2.57		0	5.17	2.18	
Magnesium	mg	27		0	54	23	
Phosphorus	mg	208		0	418	177	
Potassium	mg	394		0	792	335	
Sodium	mg	69		0	139	59	
Zinc	mg	6.99		0	14.05	5.94	
Copper	mg	0.100		0	0.201	0.085	
Manganese	mg	0.016		0	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.201	0.085	
Riboflavin	mg	0.220		0	0.442	0.187	
Niacin	mg	4.800		0	9.648	4.080	
Pantothenic acid	mg	0.340		0	0.683	0.289	
Vitamin B-6	mg	0.400		0	0.804	0.340	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	3.32		0	6.67	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.920		0	7.879	3.332	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.010		0	0.020	0.009	
14:0	g	0.300		0	0.603	0.255	
15.0	g						
16:0	g	2.320		0	4.663	1.972	
17:0	g						
18:0	g	1.280		0	2.573	1.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.090	0	8.221	3.476
14:1	g				
16:1	g	0.330	0	0.663	0.281
18:1	g	3.760	0	7.558	3.196
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.280	0	0.563	0.238
18:2	g	0.230	0	0.462	0.196
18:3	g	0.020	0	0.040	0.017
18:4	g				
20:4	g	0.030	0	0.060	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	161	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.631	0.267
Threonine	g	1.225	0	2.462	1.041
Isoleucine	g	1.261	0	2.535	1.072
Leucine	g	2.216	0	4.454	1.884
Lysine	g	2.333	0	4.689	1.983
Methionine	g	0.718	0	1.443	0.610
Cystine	g	0.314	0	0.631	0.267
Phenylalanine	g	1.095	0	2.201	0.931
Tyrosine	g	0.942	0	1.893	0.801
Valine	g	1.364	0	2.742	1.159
Arginine	g	1.772	0	3.562	1.506
Histidine	g	0.960	0	1.930	0.816
Alanine	g	1.691	0	3.399	1.437
Aspartic acid	g	2.562	0	5.150	2.178
Glutamic acid	g	4.212	0	8.466	3.580
Glycine	g	1.530	0	3.075	1.301
Proline	g	1.238	0	2.488	1.052
Serine	g	1.072	0	2.155	0.911
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 4% 18% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.71		0	129.59	52.45	
Energy	kcal	203		0	426	173	
Energy	kj	849		0	1783	722	
Protein (N x 5.95)	g	26.84		0	56.36	22.81	
Total lipid (fat)	g	9.75		0	20.48	8.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	2.84	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	25	10	
Iron	mg	2.91		0	6.11	2.47	
Magnesium	mg	25		0	53	21	
Phosphorus	mg	222		0	466	189	
Potassium	mg	398		0	836	338	
Sodium	mg	71		0	149	60	
Zinc	mg	6.21		0	13.04	5.28	
Copper	mg	0.089		0	0.187	0.076	
Manganese	mg	0.016		0	0.034	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.147	0.060	
Riboflavin	mg	0.190		0	0.399	0.161	
Niacin	mg	3.740		0	7.854	3.179	
Pantothenic acid	mg	0.270		0	0.567	0.230	
Vitamin B-6	mg	0.280		0	0.588	0.238	
Folate	µg	8		0	17	7	
Vitamin B-12	µg	3.33		0	6.99	2.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.294	0.119	
Lipids:							
Saturated, total	g	3.830		0	8.043	3.256	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.290		0	0.609	0.247	
15.0	g						
16:0	g	2.300		0	4.830	1.955	
17:0	g						
18:0	g	1.240		0	2.604	1.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.190	0	8.799	3.562
14:1	g				
16:1	g	0.370	0	0.777	0.315
18:1	g	3.810	0	8.001	3.239
20:1	g	0.010	0	0.021	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.320	0	0.672	0.272
18:2	g	0.270	0	0.567	0.230
18:3	g	0.030	0	0.063	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.042	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	166	67
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.632	0.256
Threonine	g	1.172	0	2.461	0.996
Isoleucine	g	1.207	0	2.535	1.026
Leucine	g	2.122	0	4.456	1.804
Lysine	g	2.233	0	4.689	1.898
Methionine	g	0.687	0	1.443	0.584
Cystine	g	0.301	0	0.632	0.256
Phenylalanine	g	1.048	0	2.201	0.891
Tyrosine	g	0.902	0	1.894	0.767
Valine	g	1.306	0	2.743	1.110
Arginine	g	1.696	0	3.562	1.442
Histidine	g	0.919	0	1.930	0.781
Alanine	g	1.619	0	3.400	1.376
Aspartic acid	g	2.452	0	5.149	2.084
Glutamic acid	g	4.033	0	8.469	3.428
Glycine	g	1.464	0	3.074	1.244
Proline	g	1.185	0	2.489	1.007
Serine	g	1.026	0	2.155	0.872
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13144 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 43% Bone 18%, separable fat 25%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.35		1	18.81	300.96	
Energy	kcal	200		0	57	907	
Energy	kj	837		0	237	3797	
Protein (N x 5.95)	g	20.13		1	5.71	91.31	
Total lipid (fat)	g	12.59		1	3.57	57.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		1	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	3	45	
Iron	mg	2.18		1	0.62	9.89	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	196		1	56	889	
Potassium	mg	373		1	106	1692	
Sodium	mg	63		1	18	286	
Zinc	mg	4.66		1	1.32	21.14	
Copper	mg	0.067		1	0.019	0.304	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.026	0.408	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	3.740		1	1.060	16.965	
Pantothenic acid	mg	0.340		1	0.096	1.542	
Vitamin B-6	mg	0.420		1	0.119	1.905	
Folate	µg	6		1	2	27	
Vitamin B-12	µg	3.57		1	1.01	16.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.160		0	1.463	23.406	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.003	0.045	
12:0	g	0.010		1	0.003	0.045	
14:0	g	0.360		1	0.102	1.633	
15.0	g						
16:0	g	2.930		1	0.831	13.290	
17:0	g						
18:0	g	1.610		1	0.456	7.303	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.640	0	1.599	25.583
14:1	g				
16:1	g	0.440	1	0.125	1.996
18:1	g	4.950	1	1.403	22.453
20:1	g	0.010	1	0.003	0.045
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.430	0	0.122	1.950
18:2	g	0.360	1	0.102	1.633
18:3	g	0.020	1	0.006	0.091
18:4	g	0.000	1	0.000	0.000
20:4	g	0.040	1	0.011	0.181
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.064	1.021
Threonine	g	0.879	0	0.249	3.987
Isoleucine	g	0.905	0	0.257	4.105
Leucine	g	1.591	0	0.451	7.217
Lysine	g	1.675	0	0.475	7.598
Methionine	g	0.515	0	0.146	2.336
Cystine	g	0.225	0	0.064	1.021
Phenylalanine	g	0.786	0	0.223	3.565
Tyrosine	g	0.676	0	0.192	3.066
Valine	g	0.979	0	0.278	4.441
Arginine	g	1.272	0	0.361	5.770
Histidine	g	0.689	0	0.195	3.125
Alanine	g	1.214	0	0.344	5.507
Aspartic acid	g	1.839	0	0.521	8.342
Glutamic acid	g	3.025	0	0.858	13.721
Glycine	g	1.098	0	0.311	4.981
Proline	g	0.889	0	0.252	4.033
Serine	g	0.770	0	0.218	3.493
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13145 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 4% 21% bone, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 208g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.72		0	115.90	47.36	
Energy	kcal	260		0	541	221	
Energy	kj	1088		0	2263	925	
Protein (N x 5.95)	g	28.04		0	58.32	23.83	
Total lipid (fat)	g	15.53		0	32.30	13.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.56	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	27	11	
Iron	mg	2.57		0	5.35	2.18	
Magnesium	mg	27		0	56	23	
Phosphorus	mg	208		0	433	177	
Potassium	mg	394		0	820	335	
Sodium	mg	69		0	144	59	
Zinc	mg	6.99		0	14.54	5.94	
Copper	mg	0.100		0	0.208	0.085	
Manganese	mg	0.016		0	0.033	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.208	0.085	
Riboflavin	mg	0.220		0	0.458	0.187	
Niacin	mg	4.800		0	9.984	4.080	
Pantothenic acid	mg	0.340		0	0.707	0.289	
Vitamin B-6	mg	0.400		0	0.832	0.340	
Folate	µg	8		0	17	7	
Vitamin B-12	µg	3.32		0	6.91	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.580		0	13.686	5.593	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.010		0	0.021	0.009	
14:0	g	0.490		0	1.019	0.417	
15.0	g						
16:0	g	3.720		0	7.738	3.162	
17:0	g						
18:0	g	2.060		0	4.285	1.751	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.800	0	14.144	5.780
14:1	g				
16:1	g	0.530	0	1.102	0.451
18:1	g	6.030	0	12.542	5.126
20:1	g	0.010	0	0.021	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	0.978	0.400
18:2	g	0.370	0	0.770	0.315
18:3	g	0.030	0	0.062	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.104	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	166	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.653	0.267
Threonine	g	1.225	0	2.548	1.041
Isoleucine	g	1.261	0	2.623	1.072
Leucine	g	2.216	0	4.609	1.884
Lysine	g	2.333	0	4.853	1.983
Methionine	g	0.718	0	1.493	0.610
Cystine	g	0.314	0	0.653	0.267
Phenylalanine	g	1.095	0	2.278	0.931
Tyrosine	g	0.942	0	1.959	0.801
Valine	g	1.364	0	2.837	1.159
Arginine	g	1.772	0	3.686	1.506
Histidine	g	0.960	0	1.997	0.816
Alanine	g	1.691	0	3.517	1.437
Aspartic acid	g	2.562	0	5.329	2.178
Glutamic acid	g	4.212	0	8.761	3.580
Glycine	g	1.530	0	3.182	1.301
Proline	g	1.238	0	2.575	1.052
Serine	g	1.072	0	2.230	0.911
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13146 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 45% 21% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.08		0	98.07	43.42	
Energy	kcal	304		0	584	258	
Energy	kj	1272		0	2442	1081	
Protein (N x 5.95)	g	26.74		0	51.34	22.73	
Total lipid (fat)	g	21.09		0	40.49	17.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	2.09	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	25	11	
Iron	mg	2.30		0	4.42	1.95	
Magnesium	mg	25		0	48	21	
Phosphorus	mg	219		0	420	186	
Potassium	mg	404		0	776	343	
Sodium	mg	75		0	144	64	
Zinc	mg	6.19		0	11.88	5.26	
Copper	mg	0.089		0	0.171	0.076	
Manganese	mg	0.016		0	0.031	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.154	0.068	
Riboflavin	mg	0.190		0	0.365	0.161	
Niacin	mg	3.630		0	6.970	3.086	
Pantothenic acid	mg	0.440		0	0.845	0.374	
Vitamin B-6	mg	0.370		0	0.710	0.315	
Folate	µg	8		0	15	7	
Vitamin B-12	µg	3.37		0	6.47	2.86	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.940		0	17.165	7.599	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.010		0	0.019	0.009	
14:0	g	0.660		0	1.267	0.561	
15.0	g						
16:0	g	5.050		0	9.696	4.293	
17:0	g						
18:0	g	2.790		0	5.357	2.372	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.230	0	17.722	7.846
14:1	g				
16:1	g	0.720	0	1.382	0.612
18:1	g	8.180	0	15.706	6.953
20:1	g	0.010	0	0.019	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	1.229	0.544
18:2	g	0.500	0	0.960	0.425
18:3	g	0.050	0	0.096	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.115	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	154	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.299	0	0.574	0.254
Threonine	g	1.168	0	2.243	0.993
Isoleucine	g	1.202	0	2.308	1.022
Leucine	g	2.113	0	4.057	1.796
Lysine	g	2.225	0	4.272	1.891
Methionine	g	0.684	0	1.313	0.581
Cystine	g	0.299	0	0.574	0.254
Phenylalanine	g	1.044	0	2.004	0.887
Tyrosine	g	0.898	0	1.724	0.763
Valine	g	1.301	0	2.498	1.106
Arginine	g	1.690	0	3.245	1.437
Histidine	g	0.915	0	1.757	0.778
Alanine	g	1.613	0	3.097	1.371
Aspartic acid	g	2.443	0	4.691	2.077
Glutamic acid	g	4.017	0	7.713	3.414
Glycine	g	1.459	0	2.801	1.240
Proline	g	1.181	0	2.268	1.004
Serine	g	1.022	0	1.962	0.869
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13147 Beef, rib, shortribs, separable lean and fat, choice, raw

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	48.29		0	13.69	219.04	
Energy	kcal	388		0	110	1760	
Energy	kj	1623		0	460	7362	
Protein (N x 5.95)	g	14.40		0	4.08	65.32	
Total lipid (fat)	g	36.23		0	10.27	164.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.68		0	0.19	3.08	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.55		0	0.44	7.03	
Magnesium	mg	14		0	4	64	
Phosphorus	mg	137		0	39	621	
Potassium	mg	232		0	66	1052	
Sodium	mg	49		0	14	222	
Zinc	mg	3.16		0	0.90	14.33	
Copper	mg	0.053		0	0.015	0.240	
Manganese	mg	0.011		0	0.003	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.071		0	0.020	0.322	
Riboflavin	mg	0.118		0	0.033	0.535	
Niacin	mg	2.556		0	0.725	11.594	
Pantothenic acid	mg	0.241		0	0.068	1.093	
Vitamin B-6	mg	0.300		0	0.085	1.361	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	2.56		0	0.73	11.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	15.760		0	4.468	71.487	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.140		0	0.040	0.635	
12:0	g	0.090		0	0.026	0.408	
14:0	g	1.200		0	0.340	5.443	
15.0	g						
16:0	g	9.000		0	2.551	40.824	
17:0	g						
18:0	g	4.540		0	1.287	20.593	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.390	0	4.647	74.345
14:1	g				
16:1	g	1.880	0	0.533	8.528
18:1	g	13.730	0	3.892	62.279
20:1	g	0.050	0	0.014	0.227
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.320	0	0.374	5.988
18:2	g	0.810	0	0.230	3.674
18:3	g	0.480	0	0.136	2.177
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.006	0.091
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	76	0	22	345
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.161	0	0.046	0.730
Threonine	g	0.629	0	0.178	2.853
Isoleucine	g	0.647	0	0.183	2.935
Leucine	g	1.138	0	0.323	5.162
Lysine	g	1.198	0	0.340	5.434
Methionine	g	0.368	0	0.104	1.669
Cystine	g	0.161	0	0.046	0.730
Phenylalanine	g	0.562	0	0.159	2.549
Tyrosine	g	0.484	0	0.137	2.195
Valine	g	0.700	0	0.198	3.175
Arginine	g	0.910	0	0.258	4.128
Histidine	g	0.493	0	0.140	2.236
Alanine	g	0.868	0	0.246	3.937
Aspartic acid	g	1.315	0	0.373	5.965
Glutamic acid	g	2.163	0	0.613	9.811
Glycine	g	0.785	0	0.223	3.561
Proline	g	0.636	0	0.180	2.885
Serine	g	0.550	0	0.156	2.495
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 225g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	35.72		0	80.37	30.36	
Energy	kcal	471		0	1060	400	
Energy	kj	1971		0	4435	1675	
Protein (N x 5.95)	g	21.57		0	48.53	18.33	
Total lipid (fat)	g	41.98		0	94.45	35.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74		0	1.67	0.63	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	27	10	
Iron	mg	2.31		0	5.20	1.96	
Magnesium	mg	15		0	34	13	
Phosphorus	mg	162		0	365	138	
Potassium	mg	224		0	504	190	
Sodium	mg	50		0	113	43	
Zinc	mg	4.88		0	10.98	4.15	
Copper	mg	0.099		0	0.223	0.084	
Manganese	mg	0.013		0	0.029	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.113	0.043	
Riboflavin	mg	0.150		0	0.338	0.128	
Niacin	mg	2.452		0	5.517	2.084	
Pantothenic acid	mg	0.252		0	0.567	0.214	
Vitamin B-6	mg	0.220		0	0.495	0.187	
Folate	µg	5		0	11	4	
Vitamin B-12	µg	2.62		0	5.89	2.23	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.290		0	0.653	0.247	
Lipids:							
Saturated, total	g	17.800		0	40.050	15.130	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.130		0	0.293	0.111	
12:0	g	0.120		0	0.270	0.102	
14:0	g	1.380		0	3.105	1.173	
15.0	g						
16:0	g	10.480		0	23.580	8.908	
17:0	g						
18:0	g	4.920		0	11.070	4.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.880	0	42.480	16.048
14:1	g				
16:1	g	1.780	0	4.005	1.513
18:1	g	16.230	0	36.517	13.795
20:1	g	0.080	0	0.180	0.068
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.530	0	3.442	1.301
18:2	g	0.980	0	2.205	0.833
18:3	g	0.500	0	1.125	0.425
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.068	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	94	0	212	80
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.242	0	0.545	0.206
Threonine	g	0.942	0	2.119	0.801
Isoleucine	g	0.969	0	2.180	0.824
Leucine	g	1.704	0	3.834	1.448
Lysine	g	1.794	0	4.037	1.525
Methionine	g	0.552	0	1.242	0.469
Cystine	g	0.242	0	0.545	0.206
Phenylalanine	g	0.842	0	1.894	0.716
Tyrosine	g	0.725	0	1.631	0.616
Valine	g	1.049	0	2.360	0.892
Arginine	g	1.363	0	3.067	1.159
Histidine	g	0.738	0	1.661	0.627
Alanine	g	1.301	0	2.927	1.106
Aspartic acid	g	1.970	0	4.433	1.674
Glutamic acid	g	3.240	0	7.290	2.754
Glycine	g	1.176	0	2.646	1.000
Proline	g	0.952	0	2.142	0.809
Serine	g	0.825	0	1.856	0.701
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13149 Beef, rib, shortribs, separable lean only, choice, raw

Refuse: 59% Bone 27%, separable fat 32%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.38	1.133	4	19.67	314.71	
Energy	kcal	173		0	49	785	
Energy	kj	724		0	205	3284	
Protein (N x 5.95)	g	19.05	0.299	4	5.40	86.41	
Total lipid (fat)	g	10.19	1.425	4	2.89	46.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.16		0	0.61	9.80	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	190		0	54	862	
Potassium	mg	357		0	101	1619	
Sodium	mg	65		0	18	295	
Zinc	mg	4.78		0	1.36	21.68	
Copper	mg	0.069		0	0.020	0.313	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.094		0	0.027	0.426	
Riboflavin	mg	0.154		0	0.044	0.699	
Niacin	mg	3.412		0	0.967	15.477	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.390		0	0.111	1.769	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	3.39		0	0.96	15.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.330		0	1.228	19.641	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.310		0	0.088	1.406	
15.0	g						
16:0	g	2.450		0	0.695	11.113	
17:0	g						
18:0	g	1.340		0	0.380	6.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.380	0	1.242	19.868
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	3.790	0	1.074	17.191
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	0.108	1.724
18:2	g	0.300	0	0.085	1.361
18:3	g	0.030	0	0.009	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.011	0.181
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.213	0	0.060	0.966
Threonine	g	0.832	0	0.236	3.774
Isoleucine	g	0.856	0	0.243	3.883
Leucine	g	1.506	0	0.427	6.831
Lysine	g	1.585	0	0.449	7.190
Methionine	g	0.488	0	0.138	2.214
Cystine	g	0.213	0	0.060	0.966
Phenylalanine	g	0.744	0	0.211	3.375
Tyrosine	g	0.640	0	0.181	2.903
Valine	g	0.927	0	0.263	4.205
Arginine	g	1.204	0	0.341	5.461
Histidine	g	0.652	0	0.185	2.957
Alanine	g	1.149	0	0.326	5.212
Aspartic acid	g	1.740	0	0.493	7.893
Glutamic acid	g	2.862	0	0.811	12.982
Glycine	g	1.039	0	0.295	4.713
Proline	g	0.841	0	0.238	3.815
Serine	g	0.728	0	0.206	3.302
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised

Refuse: 62% 29% bone, 33% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 121g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.15	0.895	4	60.68	42.63	
Energy	kcal	295		0	357	251	
Energy	kj	1234		0	1493	1049	
Protein (N x 5.95)	g	30.76	0.951	4	37.22	26.15	
Total lipid (fat)	g	18.13	1.787	4	21.94	15.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	1.19	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	13	9	
Iron	mg	3.36		0	4.07	2.86	
Magnesium	mg	22		0	27	19	
Phosphorus	mg	235		0	284	200	
Potassium	mg	313		0	379	266	
Sodium	mg	58		0	70	49	
Zinc	mg	7.80		0	9.44	6.63	
Copper	mg	0.107		0	0.129	0.091	
Manganese	mg	0.018		0	0.022	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065		0	0.079	0.055	
Riboflavin	mg	0.202		0	0.244	0.172	
Niacin	mg	3.208		0	3.882	2.727	
Pantothenic acid	mg	0.337		0	0.408	0.286	
Vitamin B-6	mg	0.280		0	0.339	0.238	
Folate	µg	7		0	8	6	
Vitamin B-12	µg	3.46		0	4.19	2.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.169	0.119	
Lipids:							
Saturated, total	g	7.740		0	9.365	6.579	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.012	0.009	
12:0	g	0.010		0	0.012	0.009	
14:0	g	0.570		0	0.690	0.484	
15.0	g						
16:0	g	4.350		0	5.263	3.697	
17:0	g						
18:0	g	2.440		0	2.952	2.074	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.980	0	9.656	6.783
14:1	g				
16:1	g	0.630	0	0.762	0.536
18:1	g	7.040	0	8.518	5.984
20:1	g	0.010	0	0.012	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	0.666	0.468
18:2	g	0.430	0	0.520	0.366
18:3	g	0.050	0	0.061	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.061	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	113	79
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.344	0	0.416	0.292
Threonine	g	1.343	0	1.625	1.142
Isoleucine	g	1.383	0	1.673	1.176
Leucine	g	2.431	0	2.942	2.066
Lysine	g	2.559	0	3.096	2.175
Methionine	g	0.787	0	0.952	0.669
Cystine	g	0.344	0	0.416	0.292
Phenylalanine	g	1.201	0	1.453	1.021
Tyrosine	g	1.033	0	1.250	0.878
Valine	g	1.496	0	1.810	1.272
Arginine	g	1.944	0	2.352	1.652
Histidine	g	1.053	0	1.274	0.895
Alanine	g	1.855	0	2.245	1.577
Aspartic acid	g	2.810	0	3.400	2.389
Glutamic acid	g	4.621	0	5.591	3.928
Glycine	g	1.678	0	2.030	1.426
Proline	g	1.358	0	1.643	1.154
Serine	g	1.176	0	1.423	1.000
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 6% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.75		0	18.36	293.71	
Energy	kcal	203		0	58	921	
Energy	kj	849		0	241	3851	
Protein (N x 5.95)	g	20.37		0	5.77	92.40	
Total lipid (fat)	g	12.81		0	3.63	58.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.97		0	0.56	8.94	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	197		0	56	894	
Potassium	mg	338		0	96	1533	
Sodium	mg	53		0	15	240	
Zinc	mg	3.20		0	0.91	14.52	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.710		0	1.052	16.829	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.470		0	0.133	2.132	
Folate	µg	8		0	2	36	
Vitamin B-12	µg	2.80		0	0.79	12.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.181		0	0.051	0.821	
Lipids:							
Saturated, total	g	5.000		0	1.418	22.680	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.390		0	0.111	1.769	
15.0	g						
16:0	g	3.060		0	0.868	13.880	
17:0	g						
18:0	g	1.490		0	0.422	6.759	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.530	0	1.568	25.084
14:1	g				
16:1	g	0.650	0	0.184	2.948
18:1	g	4.870	0	1.381	22.090
20:1	g	0.020	0	0.006	0.091
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.490	0	0.139	2.223
18:2	g	0.320	0	0.091	1.452
18:3	g	0.140	0	0.040	0.635
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	63	0	18	286
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.228	0	0.065	1.034
Threonine	g	0.890	0	0.252	4.037
Isoleucine	g	0.916	0	0.260	4.155
Leucine	g	1.610	0	0.456	7.303
Lysine	g	1.695	0	0.481	7.689
Methionine	g	0.522	0	0.148	2.368
Cystine	g	0.228	0	0.065	1.034
Phenylalanine	g	0.795	0	0.225	3.606
Tyrosine	g	0.685	0	0.194	3.107
Valine	g	0.991	0	0.281	4.495
Arginine	g	1.288	0	0.365	5.842
Histidine	g	0.698	0	0.198	3.166
Alanine	g	1.229	0	0.348	5.575
Aspartic acid	g	1.861	0	0.528	8.441
Glutamic acid	g	3.061	0	0.868	13.885
Glycine	g	1.112	0	0.315	5.044
Proline	g	0.900	0	0.255	4.082
Serine	g	0.779	0	0.221	3.534
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.31		0	176.25	47.86	
Energy	kcal	240		0	751	204	
Energy	kj	1004		0	3143	853	
Protein (N x 5.95)	g	27.35		0	85.61	23.25	
Total lipid (fat)	g	13.62		0	42.63	11.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.10	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.53		0	7.92	2.15	
Magnesium	mg	25		0	78	21	
Phosphorus	mg	238		0	745	202	
Potassium	mg	392		0	1227	333	
Sodium	mg	61		0	191	52	
Zinc	mg	4.32		0	13.52	3.67	
Copper	mg	0.100		0	0.313	0.085	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.282	0.077	
Riboflavin	mg	0.210		0	0.657	0.179	
Niacin	mg	3.990		0	12.489	3.392	
Pantothenic acid	mg	0.380		0	1.189	0.323	
Vitamin B-6	mg	0.380		0	1.189	0.323	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	3.01		0	9.42	2.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.595	0.161	
Lipids:							
Saturated, total	g	5.160		0	16.151	4.386	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.094	0.026	
12:0	g	0.030		0	0.094	0.026	
14:0	g	0.400		0	1.252	0.340	
15.0	g						
16:0	g	3.230		0	10.110	2.746	
17:0	g						
18:0	g	1.470		0	4.601	1.250	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.840	0	18.279	4.964
14:1	g				
16:1	g	0.600	0	1.878	0.510
18:1	g	5.210	0	16.307	4.429
20:1	g	0.020	0	0.063	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	1.690	0.459
18:2	g	0.370	0	1.158	0.315
18:3	g	0.130	0	0.407	0.111
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.125	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	250	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.958	0.260
Threonine	g	1.195	0	3.740	1.016
Isoleucine	g	1.230	0	3.850	1.045
Leucine	g	2.162	0	6.767	1.838
Lysine	g	2.276	0	7.124	1.935
Methionine	g	0.700	0	2.191	0.595
Cystine	g	0.306	0	0.958	0.260
Phenylalanine	g	1.068	0	3.343	0.908
Tyrosine	g	0.919	0	2.876	0.781
Valine	g	1.330	0	4.163	1.131
Arginine	g	1.729	0	5.412	1.470
Histidine	g	0.937	0	2.933	0.796
Alanine	g	1.650	0	5.164	1.403
Aspartic acid	g	2.499	0	7.822	2.124
Glutamic acid	g	4.110	0	12.864	3.494
Glycine	g	1.492	0	4.670	1.268
Proline	g	1.208	0	3.781	1.027
Serine	g	1.046	0	3.274	0.889
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13153 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 6% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	65.92		0	18.69	299.01	
Energy	kcal	191		0	54	866	
Energy	kj	799		0	227	3624	
Protein (N x 5.95)	g	20.37		0	5.77	92.40	
Total lipid (fat)	g	11.59		0	3.29	52.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.98		0	0.56	8.98	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	197		0	56	894	
Potassium	mg	338		0	96	1533	
Sodium	mg	53		0	15	240	
Zinc	mg	3.21		0	0.91	14.56	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.710		0	1.052	16.829	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.470		0	0.133	2.132	
Folate	µg	8		0	2	36	
Vitamin B-12	µg	2.80		0	0.79	12.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.590		0	1.301	20.820	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.360		0	0.102	1.633	
15.0	g						
16:0	g	2.800		0	0.794	12.701	
17:0	g						
18:0	g	1.370		0	0.388	6.214	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.020	0	1.423	22.771
14:1	g				
16:1	g	0.600	0	0.170	2.722
18:1	g	4.410	0	1.250	20.004
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.440	0	0.125	1.996
18:2	g	0.280	0	0.079	1.270
18:3	g	0.130	0	0.037	0.590
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0	18	286
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.228	0	0.065	1.034
Threonine	g	0.890	0	0.252	4.037
Isoleucine	g	0.916	0	0.260	4.155
Leucine	g	1.610	0	0.456	7.303
Lysine	g	1.695	0	0.481	7.689
Methionine	g	0.521	0	0.148	2.363
Cystine	g	0.228	0	0.065	1.034
Phenylalanine	g	0.795	0	0.225	3.606
Tyrosine	g	0.684	0	0.194	3.103
Valine	g	0.991	0	0.281	4.495
Arginine	g	1.287	0	0.365	5.838
Histidine	g	0.697	0	0.198	3.162
Alanine	g	1.229	0	0.348	5.575
Aspartic acid	g	1.861	0	0.528	8.441
Glutamic acid	g	3.060	0	0.868	13.880
Glycine	g	1.111	0	0.315	5.039
Proline	g	0.899	0	0.255	4.078
Serine	g	0.779	0	0.221	3.534
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13154 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.06		0	181.73	49.35	
Energy	kcal	223		0	698	190	
Energy	kj	933		0	2920	793	
Protein (N x 5.95)	g	27.39		0	85.73	23.28	
Total lipid (fat)	g	11.73		0	36.71	9.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32		0	4.13	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.54		0	7.95	2.16	
Magnesium	mg	26		0	81	22	
Phosphorus	mg	238		0	745	202	
Potassium	mg	392		0	1227	333	
Sodium	mg	62		0	194	53	
Zinc	mg	4.33		0	13.55	3.68	
Copper	mg	0.101		0	0.316	0.086	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.282	0.077	
Riboflavin	mg	0.210		0	0.657	0.179	
Niacin	mg	4.000		0	12.520	3.400	
Pantothenic acid	mg	0.390		0	1.221	0.331	
Vitamin B-6	mg	0.380		0	1.189	0.323	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	3.02		0	9.45	2.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.130		0	12.927	3.510	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.094	0.026	
12:0	g	0.030		0	0.094	0.026	
14:0	g	0.330		0	1.033	0.281	
15.0	g						
16:0	g	2.590		0	8.107	2.201	
17:0	g						
18:0	g	1.160		0	3.631	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.630	0	14.492	3.936
14:1	g				
16:1	g	0.490	0	1.534	0.417
18:1	g	4.130	0	12.927	3.510
20:1	g	0.020	0	0.063	0.017
22.1	g				
Polyunsaturated, total	g	0.410	0	1.283	0.349
18:2	g	0.280	0	0.876	0.238
18:3	g	0.120	0	0.376	0.102
18:4	g				
20:4	g	0.020	0	0.063	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	55	0	172	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.307	0	0.961	0.261
Threonine	g	1.197	0	3.747	1.017
Isoleucine	g	1.232	0	3.856	1.047
Leucine	g	2.165	0	6.776	1.840
Lysine	g	2.279	0	7.133	1.937
Methionine	g	0.701	0	2.194	0.596
Cystine	g	0.307	0	0.961	0.261
Phenylalanine	g	1.069	0	3.346	0.909
Tyrosine	g	0.920	0	2.880	0.782
Valine	g	1.332	0	4.169	1.132
Arginine	g	1.731	0	5.418	1.471
Histidine	g	0.938	0	2.936	0.797
Alanine	g	1.652	0	5.171	1.404
Aspartic acid	g	2.503	0	7.834	2.128
Glutamic acid	g	4.116	0	12.883	3.499
Glycine	g	1.495	0	4.679	1.271
Proline	g	1.210	0	3.787	1.028
Serine	g	1.048	0	3.280	0.891
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 17% Bone 6%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.83		0	20.08	321.28	
Energy	kcal	138		0	39	626	
Energy	kj	577		0	164	2617	
Protein (N x 5.95)	g	22.03		0	6.25	99.93	
Total lipid (fat)	g	4.89		0	1.39	22.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	0.30	4.85	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	2.14		0	0.61	9.71	
Magnesium	mg	25		0	7	113	
Phosphorus	mg	215		0	61	975	
Potassium	mg	375		0	106	1701	
Sodium	mg	57		0	16	259	
Zinc	mg	3.51		0	1.00	15.92	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg	20.8	1.897	32	5.9	94.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	4.020		0	1.140	18.235	
Pantothenic acid	mg	0.390		0	0.111	1.769	
Vitamin B-6	mg	0.510		0	0.145	2.313	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.98		0	0.84	13.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	1.670		0	0.473	7.575	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.110		0	0.031	0.499	
15.0	g						
16:0	g	1.060		0	0.301	4.808	
17:0	g						
18:0	g	0.500		0	0.142	2.268	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.070	0	0.587	9.390
14:1	g				
16:1	g	0.200	0	0.057	0.907
18:1	g	1.860	0	0.527	8.437
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.210	0	0.060	0.953
18:2	g	0.160	0	0.045	0.726
18:3	g	0.010	0	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	58	0	16	263
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.070	1.120
Threonine	g	0.962	0	0.273	4.364
Isoleucine	g	0.991	0	0.281	4.495
Leucine	g	1.741	0	0.494	7.897
Lysine	g	1.833	0	0.520	8.314
Methionine	g	0.564	0	0.160	2.558
Cystine	g	0.247	0	0.070	1.120
Phenylalanine	g	0.860	0	0.244	3.901
Tyrosine	g	0.740	0	0.210	3.357
Valine	g	1.072	0	0.304	4.863
Arginine	g	1.392	0	0.395	6.314
Histidine	g	0.754	0	0.214	3.420
Alanine	g	1.329	0	0.377	6.028
Aspartic acid	g	2.013	0	0.571	9.131
Glutamic acid	g	3.310	0	0.938	15.014
Glycine	g	1.202	0	0.341	5.452
Proline	g	0.973	0	0.276	4.414
Serine	g	0.842	0	0.239	3.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 17% 8% bone, 9% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 285g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.50		0	172.43	51.42	
Energy	kcal	191		0	544	162	
Energy	kj	799		0	2277	679	
Protein (N x 5.95)	g	29.21		0	83.25	24.83	
Total lipid (fat)	g	7.31		0	20.83	6.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		0	4.02	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	2.70		0	7.70	2.30	
Magnesium	mg	28		0	80	24	
Phosphorus	mg	256		0	730	218	
Potassium	mg	422		0	1203	359	
Sodium	mg	64		0	182	54	
Zinc	mg	4.64		0	13.22	3.94	
Copper	mg	0.106		0	0.302	0.090	
Manganese	mg	0.016		0	0.046	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.285	0.085	
Riboflavin	mg	0.220		0	0.627	0.187	
Niacin	mg	4.260		0	12.141	3.621	
Pantothenic acid	mg	0.410		0	1.168	0.349	
Vitamin B-6	mg	0.400		0	1.140	0.340	
Folate	µg	10		0	29	9	
Vitamin B-12	µg	3.17		0	9.03	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.399	0.119	
Lipids:							
Saturated, total	g	2.560		0	7.296	2.176	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		0	0.513	0.153	
15.0	g						
16:0	g	1.610		0	4.588	1.369	
17:0	g						
18:0	g	0.760		0	2.166	0.646	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.100	0	8.835	2.635
14:1	g				
16:1	g	0.320	0	0.912	0.272
18:1	g	2.780	0	7.923	2.363
20:1	g	0.010	0	0.029	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.310	0	0.884	0.264
18:2	g	0.240	0	0.684	0.204
18:3	g	0.030	0	0.086	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.114	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	222	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.327	0	0.932	0.278
Threonine	g	1.276	0	3.637	1.085
Isoleucine	g	1.313	0	3.742	1.116
Leucine	g	2.309	0	6.581	1.963
Lysine	g	2.430	0	6.926	2.066
Methionine	g	0.748	0	2.132	0.636
Cystine	g	0.327	0	0.932	0.278
Phenylalanine	g	1.140	0	3.249	0.969
Tyrosine	g	0.981	0	2.796	0.834
Valine	g	1.421	0	4.050	1.208
Arginine	g	1.846	0	5.261	1.569
Histidine	g	1.000	0	2.850	0.850
Alanine	g	1.762	0	5.022	1.498
Aspartic acid	g	2.669	0	7.607	2.269
Glutamic acid	g	4.388	0	12.506	3.730
Glycine	g	1.594	0	4.543	1.355
Proline	g	1.290	0	3.677	1.097
Serine	g	1.117	0	3.183	0.949
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13157 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 17% Bone 6%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.15		0	20.45	327.27	
Energy	kcal	126		0	36	572	
Energy	kj	527		0	149	2390	
Protein (N x 5.95)	g	22.03		0	6.25	99.93	
Total lipid (fat)	g	3.50		0	0.99	15.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	2.15		0	0.61	9.75	
Magnesium	mg	25		0	7	113	
Phosphorus	mg	215		0	61	975	
Potassium	mg	375		0	106	1701	
Sodium	mg	57		0	16	259	
Zinc	mg	3.51		0	1.00	15.92	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	4.020		0	1.140	18.235	
Pantothenic acid	mg	0.390		0	0.111	1.769	
Vitamin B-6	mg	0.510		0	0.145	2.313	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.98		0	0.84	13.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.200		0	0.340	5.443	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.080		0	0.023	0.363	
15.0	g						
16:0	g	0.760		0	0.215	3.447	
17:0	g						
18:0	g	0.350		0	0.099	1.588	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	0.420	6.713
14:1	g				
16:1	g	0.150	0	0.043	0.680
18:1	g	1.330	0	0.377	6.033
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.150	0	0.043	0.680
18:2	g	0.120	0	0.034	0.544
18:3	g	0.010	0	0.003	0.045
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	58	0	16	263
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.070	1.120
Threonine	g	0.962	0	0.273	4.364
Isoleucine	g	0.990	0	0.281	4.491
Leucine	g	1.741	0	0.494	7.897
Lysine	g	1.833	0	0.520	8.314
Methionine	g	0.564	0	0.160	2.558
Cystine	g	0.247	0	0.070	1.120
Phenylalanine	g	0.860	0	0.244	3.901
Tyrosine	g	0.740	0	0.210	3.357
Valine	g	1.071	0	0.304	4.858
Arginine	g	1.392	0	0.395	6.314
Histidine	g	0.754	0	0.214	3.420
Alanine	g	1.329	0	0.377	6.028
Aspartic acid	g	2.012	0	0.570	9.126
Glutamic acid	g	3.309	0	0.938	15.010
Glycine	g	1.202	0	0.341	5.452
Proline	g	0.973	0	0.276	4.414
Serine	g	0.842	0	0.239	3.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13158 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 17% 8% bone, 9% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.44		0	176.08	53.07	
Energy	kcal	172		0	485	146	
Energy	kj	720		0	2030	612	
Protein (N x 5.95)	g	29.25		0	82.48	24.86	
Total lipid (fat)	g	5.22		0	14.72	4.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		0	3.98	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	2.71		0	7.64	2.30	
Magnesium	mg	28		0	79	24	
Phosphorus	mg	256		0	722	218	
Potassium	mg	423		0	1193	360	
Sodium	mg	64		0	180	54	
Zinc	mg	4.66		0	13.14	3.96	
Copper	mg	0.107		0	0.302	0.091	
Manganese	mg	0.016		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.282	0.085	
Riboflavin	mg	0.220		0	0.620	0.187	
Niacin	mg	4.270		0	12.041	3.629	
Pantothenic acid	mg	0.410		0	1.156	0.349	
Vitamin B-6	mg	0.410		0	1.156	0.349	
Folate	µg	10		0	28	9	
Vitamin B-12	µg	3.17		0	8.94	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.830		0	5.161	1.556	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.130		0	0.367	0.111	
15.0	g						
16:0	g	1.150		0	3.243	0.977	
17:0	g						
18:0	g	0.540		0	1.523	0.459	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.220	0	6.260	1.887
14:1	g				
16:1	g	0.230	0	0.649	0.196
18:1	g	1.990	0	5.612	1.692
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.220	0	0.620	0.187
18:2	g	0.170	0	0.479	0.145
18:3	g	0.020	0	0.056	0.017
18:4	g				
20:4	g	0.030	0	0.085	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	220	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.328	0	0.925	0.279
Threonine	g	1.278	0	3.604	1.086
Isoleucine	g	1.315	0	3.708	1.118
Leucine	g	2.312	0	6.520	1.965
Lysine	g	2.434	0	6.864	2.069
Methionine	g	0.749	0	2.112	0.637
Cystine	g	0.328	0	0.925	0.279
Phenylalanine	g	1.142	0	3.220	0.971
Tyrosine	g	0.983	0	2.772	0.836
Valine	g	1.423	0	4.013	1.210
Arginine	g	1.849	0	5.214	1.572
Histidine	g	1.002	0	2.826	0.852
Alanine	g	1.765	0	4.977	1.500
Aspartic acid	g	2.673	0	7.538	2.272
Glutamic acid	g	4.395	0	12.394	3.736
Glycine	g	1.596	0	4.501	1.357
Proline	g	1.292	0	3.643	1.098
Serine	g	1.119	0	3.156	0.951
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13159 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.03		0	18.15	290.44	
Energy	kcal	208		0	59	943	
Energy	kj	870		0	247	3946	
Protein (N x 5.95)	g	20.23		0	5.74	91.76	
Total lipid (fat)	g	13.43		0	3.81	60.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	0.27	4.26	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.18		0	0.62	9.89	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	196		0	56	889	
Potassium	mg	334		0	95	1515	
Sodium	mg	55		0	16	249	
Zinc	mg	3.21		0	0.91	14.56	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.800		0	1.077	17.237	
Pantothenic acid	mg	0.410		0	0.116	1.860	
Vitamin B-6	mg	0.520		0	0.147	2.359	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.75		0	0.78	12.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.210		0	1.477	23.633	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.410		0	0.116	1.860	
15.0	g						
16:0	g	3.230		0	0.916	14.651	
17:0	g						
18:0	g	1.510		0	0.428	6.849	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940	0	1.684	26.944
14:1	g				
16:1	g	0.720	0	0.204	3.266
18:1	g	5.200	0	1.474	23.587
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.500	0	0.142	2.268
18:2	g	0.330	0	0.094	1.497
18:3	g	0.140	0	0.040	0.635
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	0	18	290
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.227	0	0.064	1.030
Threonine	g	0.884	0	0.251	4.010
Isoleucine	g	0.910	0	0.258	4.128
Leucine	g	1.599	0	0.453	7.253
Lysine	g	1.683	0	0.477	7.634
Methionine	g	0.518	0	0.147	2.350
Cystine	g	0.227	0	0.064	1.030
Phenylalanine	g	0.790	0	0.224	3.583
Tyrosine	g	0.680	0	0.193	3.084
Valine	g	0.984	0	0.279	4.463
Arginine	g	1.279	0	0.363	5.802
Histidine	g	0.693	0	0.196	3.143
Alanine	g	1.220	0	0.346	5.534
Aspartic acid	g	1.848	0	0.524	8.383
Glutamic acid	g	3.039	0	0.862	13.785
Glycine	g	1.104	0	0.313	5.008
Proline	g	0.893	0	0.253	4.051
Serine	g	0.774	0	0.219	3.511
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13160 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.14		0	147.03	44.32	
Energy	kcal	275		0	776	234	
Energy	kj	1151		0	3246	978	
Protein (N x 5.95)	g	28.66		0	80.82	24.36	
Total lipid (fat)	g	16.90		0	47.66	14.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.93	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.12		0	8.80	2.65	
Magnesium	mg	22		0	62	19	
Phosphorus	mg	245		0	691	208	
Potassium	mg	282		0	795	240	
Sodium	mg	50		0	141	43	
Zinc	mg	4.91		0	13.85	4.17	
Copper	mg	0.122		0	0.344	0.104	
Manganese	mg	0.016		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.197	0.060	
Riboflavin	mg	0.240		0	0.677	0.204	
Niacin	mg	3.730		0	10.519	3.171	
Pantothenic acid	mg	0.380		0	1.072	0.323	
Vitamin B-6	mg	0.330		0	0.931	0.281	
Folate	µg	10		0	28	9	
Vitamin B-12	µg	2.35		0	6.63	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.536	0.161	
Lipids:							
Saturated, total	g	6.370		0	17.963	5.415	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.113	0.034	
12:0	g	0.040		0	0.113	0.034	
14:0	g	0.510		0	1.438	0.434	
15.0	g						
16:0	g	3.990		0	11.252	3.392	
17:0	g						
18:0	g	1.790		0	5.048	1.522	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.350	0	20.727	6.247
14:1	g				
16:1	g	0.750	0	2.115	0.637
18:1	g	6.580	0	18.556	5.593
20:1	g	0.020	0	0.056	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	1.805	0.544
18:2	g	0.430	0	1.213	0.366
18:3	g	0.170	0	0.479	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.113	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	96	0	271	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.905	0.273
Threonine	g	1.252	0	3.531	1.064
Isoleucine	g	1.288	0	3.632	1.095
Leucine	g	2.265	0	6.387	1.925
Lysine	g	2.384	0	6.723	2.026
Methionine	g	0.734	0	2.070	0.624
Cystine	g	0.321	0	0.905	0.273
Phenylalanine	g	1.119	0	3.156	0.951
Tyrosine	g	0.963	0	2.716	0.819
Valine	g	1.394	0	3.931	1.185
Arginine	g	1.811	0	5.107	1.539
Histidine	g	0.981	0	2.766	0.834
Alanine	g	1.729	0	4.876	1.470
Aspartic acid	g	2.618	0	7.383	2.225
Glutamic acid	g	4.305	0	12.140	3.659
Glycine	g	1.563	0	4.408	1.329
Proline	g	1.265	0	3.567	1.075
Serine	g	1.096	0	3.091	0.932
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13161 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.27		0	17.94	286.99	
Energy	kcal	218		0	62	989	
Energy	kj	912		0	259	4137	
Protein (N x 5.95)	g	20.09		0	5.70	91.13	
Total lipid (fat)	g	14.70		0	4.17	66.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	0.26	4.22	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.17		0	0.62	9.84	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	195		0	55	885	
Potassium	mg	331		0	94	1501	
Sodium	mg	55		0	16	249	
Zinc	mg	3.18		0	0.90	14.42	
Copper	mg	0.076		0	0.022	0.345	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.780		0	1.072	17.146	
Pantothenic acid	mg	0.400		0	0.113	1.814	
Vitamin B-6	mg	0.520		0	0.147	2.359	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.74		0	0.78	12.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.700		0	1.616	25.855	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.440		0	0.125	1.996	
15.0	g						
16:0	g	3.530		0	1.001	16.012	
17:0	g						
18:0	g	1.650		0	0.468	7.484	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.500	0	1.843	29.484
14:1	g				
16:1	g	0.790	0	0.224	3.583
18:1	g	5.690	0	1.613	25.810
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.550	0	0.156	2.495
18:2	g	0.360	0	0.102	1.633
18:3	g	0.150	0	0.043	0.680
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	0	18	290
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.064	1.021
Threonine	g	0.878	0	0.249	3.983
Isoleucine	g	0.903	0	0.256	4.096
Leucine	g	1.588	0	0.450	7.203
Lysine	g	1.672	0	0.474	7.584
Methionine	g	0.514	0	0.146	2.332
Cystine	g	0.225	0	0.064	1.021
Phenylalanine	g	0.784	0	0.222	3.556
Tyrosine	g	0.675	0	0.191	3.062
Valine	g	0.977	0	0.277	4.432
Arginine	g	1.270	0	0.360	5.761
Histidine	g	0.688	0	0.195	3.121
Alanine	g	1.212	0	0.344	5.498
Aspartic acid	g	1.836	0	0.521	8.328
Glutamic acid	g	3.019	0	0.856	13.694
Glycine	g	1.096	0	0.311	4.971
Proline	g	0.887	0	0.251	4.023
Serine	g	0.768	0	0.218	3.484
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13162 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.45		0	145.09	43.73	
Energy	kcal	284		0	801	241	
Energy	kj	1188		0	3350	1010	
Protein (N x 5.95)	g	28.66		0	80.82	24.36	
Total lipid (fat)	g	17.93		0	50.56	15.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.93	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.12		0	8.80	2.65	
Magnesium	mg	22		0	62	19	
Phosphorus	mg	245		0	691	208	
Potassium	mg	282		0	795	240	
Sodium	mg	50		0	141	43	
Zinc	mg	4.91		0	13.85	4.17	
Copper	mg	0.122		0	0.344	0.104	
Manganese	mg	0.016		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.197	0.060	
Riboflavin	mg	0.240		0	0.677	0.204	
Niacin	mg	3.730		0	10.519	3.171	
Pantothenic acid	mg	0.380		0	1.072	0.323	
Vitamin B-6	mg	0.330		0	0.931	0.281	
Folate	µg	10		0	28	9	
Vitamin B-12	µg	2.35		0	6.63	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.508	0.153	
Lipids:							
Saturated, total	g	6.720		0	18.950	5.712	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.113	0.034	
12:0	g	0.040		0	0.113	0.034	
14:0	g	0.540		0	1.523	0.459	
15.0	g						
16:0	g	4.210		0	11.872	3.579	
17:0	g						
18:0	g	1.900		0	5.358	1.615	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.800	0	21.996	6.630
14:1	g				
16:1	g	0.800	0	2.256	0.680
18:1	g	6.980	0	19.684	5.933
20:1	g	0.020	0	0.056	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	1.918	0.578
18:2	g	0.460	0	1.297	0.391
18:3	g	0.170	0	0.479	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.141	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	96	0	271	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.905	0.273
Threonine	g	1.252	0	3.531	1.064
Isoleucine	g	1.288	0	3.632	1.095
Leucine	g	2.265	0	6.387	1.925
Lysine	g	2.384	0	6.723	2.026
Methionine	g	0.734	0	2.070	0.624
Cystine	g	0.321	0	0.905	0.273
Phenylalanine	g	1.119	0	3.156	0.951
Tyrosine	g	0.963	0	2.716	0.819
Valine	g	1.394	0	3.931	1.185
Arginine	g	1.811	0	5.107	1.539
Histidine	g	0.981	0	2.766	0.834
Alanine	g	1.729	0	4.876	1.470
Aspartic acid	g	2.618	0	7.383	2.225
Glutamic acid	g	4.305	0	12.140	3.659
Glycine	g	1.563	0	4.408	1.329
Proline	g	1.265	0	3.567	1.075
Serine	g	1.096	0	3.091	0.932
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13163 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.88		0	18.39	294.30	
Energy	kcal	195		0	55	885	
Energy	kj	816		0	231	3701	
Protein (N x 5.95)	g	20.37		0	5.77	92.40	
Total lipid (fat)	g	11.98		0	3.40	54.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.20		0	0.62	9.98	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	198		0	56	898	
Potassium	mg	337		0	96	1529	
Sodium	mg	56		0	16	254	
Zinc	mg	3.23		0	0.92	14.65	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.830		0	1.086	17.373	
Pantothenic acid	mg	0.410		0	0.116	1.860	
Vitamin B-6	mg	0.530		0	0.150	2.404	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.77		0	0.79	12.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.670		0	1.324	21.183	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.360		0	0.102	1.633	
15.0	g						
16:0	g	2.890		0	0.819	13.109	
17:0	g						
18:0	g	1.360		0	0.386	6.169	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.300	0	1.503	24.041
14:1	g				
16:1	g	0.640	0	0.181	2.903
18:1	g	4.630	0	1.313	21.002
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.440	0	0.125	1.996
18:2	g	0.290	0	0.082	1.315
18:3	g	0.120	0	0.034	0.544
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	0	18	286
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.228	0	0.065	1.034
Threonine	g	0.890	0	0.252	4.037
Isoleucine	g	0.916	0	0.260	4.155
Leucine	g	1.610	0	0.456	7.303
Lysine	g	1.694	0	0.480	7.684
Methionine	g	0.521	0	0.148	2.363
Cystine	g	0.228	0	0.065	1.034
Phenylalanine	g	0.795	0	0.225	3.606
Tyrosine	g	0.684	0	0.194	3.103
Valine	g	0.991	0	0.281	4.495
Arginine	g	1.287	0	0.365	5.838
Histidine	g	0.697	0	0.198	3.162
Alanine	g	1.229	0	0.348	5.575
Aspartic acid	g	1.861	0	0.528	8.441
Glutamic acid	g	3.060	0	0.868	13.880
Glycine	g	1.111	0	0.315	5.039
Proline	g	0.899	0	0.255	4.078
Serine	g	0.779	0	0.221	3.534
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13164 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.40		0	150.59	45.39	
Energy	kcal	259		0	730	220	
Energy	kj	1084		0	3057	921	
Protein (N x 5.95)	g	28.87		0	81.41	24.54	
Total lipid (fat)	g	15.06		0	42.47	12.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.96	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	3.15		0	8.88	2.68	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	247		0	697	210	
Potassium	mg	283		0	798	241	
Sodium	mg	50		0	141	43	
Zinc	mg	4.95		0	13.96	4.21	
Copper	mg	0.122		0	0.344	0.104	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.197	0.060	
Riboflavin	mg	0.240		0	0.677	0.204	
Niacin	mg	3.750		0	10.575	3.188	
Pantothenic acid	mg	0.390		0	1.100	0.331	
Vitamin B-6	mg	0.330		0	0.931	0.281	
Folate	µg	10		0	28	9	
Vitamin B-12	µg	2.36		0	6.66	2.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.700		0	16.074	4.845	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.113	0.034	
12:0	g	0.030		0	0.085	0.026	
14:0	g	0.460		0	1.297	0.391	
15.0	g						
16:0	g	3.570		0	10.067	3.034	
17:0	g						
18:0	g	1.600		0	4.512	1.360	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.550	0	18.471	5.567
14:1	g				
16:1	g	0.670	0	1.889	0.570
18:1	g	5.860	0	16.525	4.981
20:1	g	0.020	0	0.056	0.017
22.1	g				
Polyunsaturated, total	g	0.570	0	1.607	0.484
18:2	g	0.380	0	1.072	0.323
18:3	g	0.150	0	0.423	0.128
18:4	g				
20:4	g	0.040	0	0.113	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	271	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	0.911	0.275
Threonine	g	1.261	0	3.556	1.072
Isoleucine	g	1.298	0	3.660	1.103
Leucine	g	2.282	0	6.435	1.940
Lysine	g	2.402	0	6.774	2.042
Methionine	g	0.739	0	2.084	0.628
Cystine	g	0.323	0	0.911	0.275
Phenylalanine	g	1.127	0	3.178	0.958
Tyrosine	g	0.970	0	2.735	0.825
Valine	g	1.404	0	3.959	1.193
Arginine	g	1.824	0	5.144	1.550
Histidine	g	0.988	0	2.786	0.840
Alanine	g	1.741	0	4.910	1.480
Aspartic acid	g	2.637	0	7.436	2.241
Glutamic acid	g	4.337	0	12.230	3.686
Glycine	g	1.575	0	4.441	1.339
Proline	g	1.275	0	3.595	1.084
Serine	g	1.104	0	3.113	0.938
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13167 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 15% Connective tissue 3%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.00		1	19.84	317.52	
Energy	kcal	144		0	41	653	
Energy	kj	602		0	171	2731	
Protein (N x 5.95)	g	21.87	0.329	26	6.20	99.20	
Total lipid (fat)	g	5.60		1	1.59	25.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03	0.021	19	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.172	10	1	18	
Iron	mg	2.38	0.093	48	0.67	10.80	
Magnesium	mg	25	0.409	20	7	113	
Phosphorus	mg	214	4.619	10	61	971	
Potassium	mg	371	3.571	72	105	1683	
Sodium	mg	59	1.791	36	17	268	
Zinc	mg	3.51	0.114	19	1.00	15.92	
Copper	mg	0.083	0.003	17	0.024	0.376	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.004	25	0.034	0.544	
Riboflavin	mg	0.200	0.006	23	0.057	0.907	
Niacin	mg	4.130	0.169	25	1.171	18.734	
Pantothenic acid	mg	0.440	0.045	4	0.125	1.996	
Vitamin B-6	mg	0.570	0.025	4	0.162	2.586	
Folate	µg	10	1.034	19	3	45	
Vitamin B-12	µg	2.93	0.230	23	0.83	13.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.910		0	0.541	8.664	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		23	0.000	0.000	
12:0	g	0.000		23	0.000	0.000	
14:0	g	0.140		23	0.040	0.635	
15.0	g						
16:0	g	1.250		23	0.354	5.670	
17:0	g						
18:0	g	0.520		23	0.147	2.359	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.540		0	0.720	11.521
14:1	g					
16:1	g	0.290		23	0.082	1.315
18:1	g	2.240		23	0.635	10.161
20:1	g	0.010		23	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.220		0	0.062	0.998
18:2	g	0.170		23	0.048	0.771
18:3	g	0.010		23	0.003	0.045
18:4	g					
20:4	g	0.040		23	0.011	0.181
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	1.426	16	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.245		0	0.069	1.111
Threonine	g	0.955		0	0.271	4.332
Isoleucine	g	0.983		0	0.279	4.459
Leucine	g	1.729		0	0.490	7.843
Lysine	g	1.819		0	0.516	8.251
Methionine	g	0.560		0	0.159	2.540
Cystine	g	0.245		0	0.069	1.111
Phenylalanine	g	0.854		0	0.242	3.874
Tyrosine	g	0.735		0	0.208	3.334
Valine	g	1.064		0	0.302	4.826
Arginine	g	1.382		0	0.392	6.269
Histidine	g	0.749		0	0.212	3.397
Alanine	g	1.319		0	0.374	5.983
Aspartic acid	g	1.998		0	0.566	9.063
Glutamic acid	g	3.286		0	0.932	14.905
Glycine	g	1.193		0	0.338	5.411
Proline	g	0.966		0	0.274	4.382
Serine	g	0.836		0	0.237	3.792
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 16% 3% connective tissue, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.60		1	140.54	48.96	
Energy	kcal	209		0	510	178	
Energy	kj	874		0	2133	743	
Protein (N x 5.95)	g	31.59	0.766	15	77.08	26.85	
Total lipid (fat)	g	8.20		1	20.01	6.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.081	15	2.78	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.336	11	12	4	
Iron	mg	3.46	0.191	11	8.44	2.94	
Magnesium	mg	25	0.433	11	61	21	
Phosphorus	mg	272		1	664	231	
Potassium	mg	308	10.395	11	752	262	
Sodium	mg	51	5.005	11	124	43	
Zinc	mg	5.48	0.396	8	13.37	4.66	
Copper	mg	0.134	0.008	8	0.327	0.114	
Manganese	mg	0.018		1	0.044	0.015	
Selenium	µg	28.1	2.823	7	68.6	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.005	15	0.171	0.060	
Riboflavin	mg	0.260	0.012	12	0.634	0.221	
Niacin	mg	4.080	0.163	15	9.955	3.468	
Pantothenic acid	mg	0.420	0.038	4	1.025	0.357	
Vitamin B-6	mg	0.360	0.021	4	0.878	0.306	
Folate	µg	11	2.252	15	27	9	
Vitamin B-12	µg	2.47	0.337	15	6.03	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.342	0.119	
Lipids:							
Saturated, total	g	2.770		0	6.759	2.354	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.210		8	0.512	0.179	
15.0	g						
16:0	g	1.750		8	4.270	1.488	
17:0	g						
18:0	g	0.810		8	1.976	0.689	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.590		0	8.760	3.051
14:1	g					
16:1	g	0.370		8	0.903	0.315
18:1	g	3.230		8	7.881	2.746
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.310		0	0.756	0.264
18:2	g	0.240		8	0.586	0.204
18:3	g	0.030		8	0.073	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.050		8	0.122	0.043
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	96	4.386	8	234	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.354		0	0.864	0.301
Threonine	g	1.380		0	3.367	1.173
Isoleucine	g	1.420		0	3.465	1.207
Leucine	g	2.497		0	6.093	2.122
Lysine	g	2.628		0	6.412	2.234
Methionine	g	0.809		0	1.974	0.688
Cystine	g	0.354		0	0.864	0.301
Phenylalanine	g	1.233		0	3.009	1.048
Tyrosine	g	1.061		0	2.589	0.902
Valine	g	1.536		0	3.748	1.306
Arginine	g	1.996		0	4.870	1.697
Histidine	g	1.082		0	2.640	0.920
Alanine	g	1.905		0	4.648	1.619
Aspartic acid	g	2.886		0	7.042	2.453
Glutamic acid	g	4.746		0	11.580	4.034
Glycine	g	1.723		0	4.204	1.465
Proline	g	1.395		0	3.404	1.186
Serine	g	1.208		0	2.948	1.027
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13169 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 15% Connective tissue 3%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.70		1	19.76	316.16	
Energy	kcal	150		0	43	680	
Energy	kj	628		0	178	2849	
Protein (N x 5.95)	g	21.87		1	6.20	99.20	
Total lipid (fat)	g	6.30		1	1.79	28.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		1	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	2.38		1	0.67	10.80	
Magnesium	mg	25		1	7	113	
Phosphorus	mg	214		1	61	971	
Potassium	mg	371		1	105	1683	
Sodium	mg	59		1	17	268	
Zinc	mg	3.51		1	1.00	15.92	
Copper	mg	0.083		1	0.024	0.376	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		1	0.034	0.544	
Riboflavin	mg	0.200		1	0.057	0.907	
Niacin	mg	4.130		1	1.171	18.734	
Pantothenic acid	mg	0.440		1	0.125	1.996	
Vitamin B-6	mg	0.570		1	0.162	2.586	
Folate	µg	10		1	3	45	
Vitamin B-12	µg	2.93		1	0.83	13.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.150		0	0.610	9.752	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		23	0.000	0.000	
12:0	g	0.000		23	0.000	0.000	
14:0	g	0.150		23	0.043	0.680	
15.0	g						
16:0	g	1.410		23	0.400	6.396	
17:0	g						
18:0	g	0.580		23	0.164	2.631	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.850	0	0.808	12.928
14:1	g				
16:1	g	0.330	23	0.094	1.497
18:1	g	2.520	23	0.714	11.431
20:1	g	0.010	23	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.250	0	0.071	1.134
18:2	g	0.190	23	0.054	0.862
18:3	g	0.010	23	0.003	0.045
18:4	g				
20:4	g	0.040	23	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.245	0	0.069	1.111
Threonine	g	0.955	0	0.271	4.332
Isoleucine	g	0.983	0	0.279	4.459
Leucine	g	1.729	0	0.490	7.843
Lysine	g	1.819	0	0.516	8.251
Methionine	g	0.560	0	0.159	2.540
Cystine	g	0.245	0	0.069	1.111
Phenylalanine	g	0.854	0	0.242	3.874
Tyrosine	g	0.735	0	0.208	3.334
Valine	g	1.064	0	0.302	4.826
Arginine	g	1.382	0	0.392	6.269
Histidine	g	0.749	0	0.212	3.397
Alanine	g	1.319	0	0.374	5.983
Aspartic acid	g	1.998	0	0.566	9.063
Glutamic acid	g	3.286	0	0.932	14.905
Glycine	g	1.193	0	0.338	5.411
Proline	g	0.966	0	0.274	4.382
Serine	g	0.836	0	0.237	3.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13170 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 17% 3% connective tissue, 14% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.80		0	136.89	48.28	
Energy	kcal	220		0	530	187	
Energy	kj	920		0	2217	782	
Protein (N x 5.95)	g	31.59		0	76.13	26.85	
Total lipid (fat)	g	9.40		0	22.65	7.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.75	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	4	
Iron	mg	3.46		0	8.34	2.94	
Magnesium	mg	25		0	60	21	
Phosphorus	mg	272		0	656	231	
Potassium	mg	308		0	742	262	
Sodium	mg	51		0	123	43	
Zinc	mg	5.48		0	13.21	4.66	
Copper	mg	0.134		0	0.323	0.114	
Manganese	mg	0.018		0	0.043	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.169	0.060	
Riboflavin	mg	0.260		0	0.627	0.221	
Niacin	mg	4.080		0	9.833	3.468	
Pantothenic acid	mg	0.420		0	1.012	0.357	
Vitamin B-6	mg	0.360		0	0.868	0.306	
Folate	µg	11		0	27	9	
Vitamin B-12	µg	2.47		0	5.95	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.170		0	7.640	2.694	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.240		0	0.578	0.204	
15.0	g						
16:0	g	2.010		0	4.844	1.708	
17:0	g						
18:0	g	0.920		0	2.217	0.782	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.120	0	9.929	3.502
14:1	g				
16:1	g	0.420	0	1.012	0.357
18:1	g	3.700	0	8.917	3.145
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.360	0	0.868	0.306
18:2	g	0.270	0	0.651	0.230
18:3	g	0.030	0	0.072	0.026
18:4	g				
20:4	g	0.060	0	0.145	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	231	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.853	0.301
Threonine	g	1.380	0	3.326	1.173
Isoleucine	g	1.420	0	3.422	1.207
Leucine	g	2.497	0	6.018	2.122
Lysine	g	2.628	0	6.333	2.234
Methionine	g	0.809	0	1.950	0.688
Cystine	g	0.354	0	0.853	0.301
Phenylalanine	g	1.233	0	2.972	1.048
Tyrosine	g	1.061	0	2.557	0.902
Valine	g	1.536	0	3.702	1.306
Arginine	g	1.996	0	4.810	1.697
Histidine	g	1.082	0	2.608	0.920
Alanine	g	1.905	0	4.591	1.619
Aspartic acid	g	2.886	0	6.955	2.453
Glutamic acid	g	4.746	0	11.438	4.034
Glycine	g	1.723	0	4.152	1.465
Proline	g	1.395	0	3.362	1.186
Serine	g	1.208	0	2.911	1.027
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13171 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 13% Connective tissue 2%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.40		1	19.96	319.33	
Energy	kcal	136		0	39	617	
Energy	kj	569		0	161	2581	
Protein (N x 5.95)	g	21.87		1	6.20	99.20	
Total lipid (fat)	g	4.70		1	1.33	21.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		1	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	2.38		1	0.67	10.80	
Magnesium	mg	25		1	7	113	
Phosphorus	mg	214		1	61	971	
Potassium	mg	371		1	105	1683	
Sodium	mg	59		1	17	268	
Zinc	mg	3.51		1	1.00	15.92	
Copper	mg	0.083		1	0.024	0.376	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		1	0.034	0.544	
Riboflavin	mg	0.200		1	0.057	0.907	
Niacin	mg	4.130		1	1.171	18.734	
Pantothenic acid	mg	0.440		1	0.125	1.996	
Vitamin B-6	mg	0.570		1	0.162	2.586	
Folate	µg	10		1	3	45	
Vitamin B-12	µg	2.93		1	0.83	13.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.600		0	0.454	7.258	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		23	0.000	0.000	
12:0	g	0.000		23	0.000	0.000	
14:0	g	0.110		23	0.031	0.499	
15.0	g						
16:0	g	1.050		23	0.298	4.763	
17:0	g						
18:0	g	0.430		23	0.122	1.950	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.130	0	0.604	9.662
14:1	g				
16:1	g	0.240	23	0.068	1.089
18:1	g	1.880	23	0.533	8.528
20:1	g	0.010	23	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.180	0	0.051	0.816
18:2	g	0.140	23	0.040	0.635
18:3	g	0.010	23	0.003	0.045
18:4	g				
20:4	g	0.030	23	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.245	0	0.069	1.111
Threonine	g	0.955	0	0.271	4.332
Isoleucine	g	0.983	0	0.279	4.459
Leucine	g	1.729	0	0.490	7.843
Lysine	g	1.819	0	0.516	8.251
Methionine	g	0.560	0	0.159	2.540
Cystine	g	0.245	0	0.069	1.111
Phenylalanine	g	0.854	0	0.242	3.874
Tyrosine	g	0.735	0	0.208	3.334
Valine	g	1.064	0	0.302	4.826
Arginine	g	1.382	0	0.392	6.269
Histidine	g	0.749	0	0.212	3.397
Alanine	g	1.319	0	0.374	5.983
Aspartic acid	g	1.998	0	0.566	9.063
Glutamic acid	g	3.286	0	0.932	14.905
Glycine	g	1.193	0	0.338	5.411
Proline	g	0.966	0	0.274	4.382
Serine	g	0.836	0	0.237	3.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13172 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Refuse: 16% 3% connective tissue, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.60		0	142.98	49.81	
Energy	kcal	196		0	478	167	
Energy	kj	820		0	2001	697	
Protein (N x 5.95)	g	31.59		0	77.08	26.85	
Total lipid (fat)	g	6.80		0	16.59	5.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.78	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	4	
Iron	mg	3.46		0	8.44	2.94	
Magnesium	mg	25		0	61	21	
Phosphorus	mg	272		0	664	231	
Potassium	mg	308		0	752	262	
Sodium	mg	51		0	124	43	
Zinc	mg	5.48		0	13.37	4.66	
Copper	mg	0.134		0	0.327	0.114	
Manganese	mg	0.018		0	0.044	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.171	0.060	
Riboflavin	mg	0.260		0	0.634	0.221	
Niacin	mg	4.080		0	9.955	3.468	
Pantothenic acid	mg	0.420		0	1.025	0.357	
Vitamin B-6	mg	0.360		0	0.878	0.306	
Folate	µg	11		0	27	9	
Vitamin B-12	µg	2.47		0	6.03	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.300		0	5.612	1.955	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		0	0.439	0.153	
15.0	g						
16:0	g	1.450		0	3.538	1.232	
17:0	g						
18:0	g	0.670		0	1.635	0.570	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.980	0	7.271	2.533
14:1	g				
16:1	g	0.300	0	0.732	0.255
18:1	g	2.680	0	6.539	2.278
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.260	0	0.634	0.221
18:2	g	0.200	0	0.488	0.170
18:3	g	0.020	0	0.049	0.017
18:4	g				
20:4	g	0.040	0	0.098	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	234	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.864	0.301
Threonine	g	1.380	0	3.367	1.173
Isoleucine	g	1.420	0	3.465	1.207
Leucine	g	2.497	0	6.093	2.122
Lysine	g	2.628	0	6.412	2.234
Methionine	g	0.809	0	1.974	0.688
Cystine	g	0.354	0	0.864	0.301
Phenylalanine	g	1.233	0	3.009	1.048
Tyrosine	g	1.061	0	2.589	0.902
Valine	g	1.536	0	3.748	1.306
Arginine	g	1.996	0	4.870	1.697
Histidine	g	1.082	0	2.640	0.920
Alanine	g	1.905	0	4.648	1.619
Aspartic acid	g	2.886	0	7.042	2.453
Glutamic acid	g	4.746	0	11.580	4.034
Glycine	g	1.723	0	4.204	1.465
Proline	g	1.395	0	3.404	1.186
Serine	g	1.208	0	2.948	1.027
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13175 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.64		0	18.04	288.67	
Energy	kcal	213		0	60	966	
Energy	kj	891		0	253	4042	
Protein (N x 5.95)	g	19.72		0	5.59	89.45	
Total lipid (fat)	g	14.29		0	4.05	64.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.28	4.49	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.35		0	0.38	6.12	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	189		0	54	857	
Potassium	mg	335		0	95	1520	
Sodium	mg	49		0	14	222	
Zinc	mg	2.63		0	0.75	11.93	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.360		0	0.953	15.241	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.410		0	0.116	1.860	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.94		0	0.83	13.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.680		0	1.610	25.764	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.440		0	0.125	1.996	
15.0	g						
16:0	g	3.460		0	0.981	15.695	
17:0	g						
18:0	g	1.690		0	0.479	7.666	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.160	0	1.746	27.942
14:1	g				
16:1	g	0.730	0	0.207	3.311
18:1	g	5.410	0	1.534	24.540
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.540	0	0.153	2.449
18:2	g	0.340	0	0.096	1.542
18:3	g	0.170	0	0.048	0.771
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	0	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.861	0	0.244	3.905
Isoleucine	g	0.887	0	0.251	4.023
Leucine	g	1.559	0	0.442	7.072
Lysine	g	1.641	0	0.465	7.444
Methionine	g	0.505	0	0.143	2.291
Cystine	g	0.221	0	0.063	1.002
Phenylalanine	g	0.770	0	0.218	3.493
Tyrosine	g	0.663	0	0.188	3.007
Valine	g	0.959	0	0.272	4.350
Arginine	g	1.246	0	0.353	5.652
Histidine	g	0.675	0	0.191	3.062
Alanine	g	1.189	0	0.337	5.393
Aspartic acid	g	1.802	0	0.511	8.174
Glutamic acid	g	2.963	0	0.840	13.440
Glycine	g	1.076	0	0.305	4.881
Proline	g	0.871	0	0.247	3.951
Serine	g	0.754	0	0.214	3.420
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13176 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.43		0	197.90	50.52	
Energy	kcal	229		0	763	195	
Energy	kj	958		0	3190	814	
Protein (N x 5.95)	g	26.79		0	89.21	22.77	
Total lipid (fat)	g	12.75		0	42.46	10.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	3.73	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	1.84		0	6.13	1.56	
Magnesium	mg	24		0	80	20	
Phosphorus	mg	208		0	693	177	
Potassium	mg	362		0	1205	308	
Sodium	mg	59		0	196	50	
Zinc	mg	4.34		0	14.45	3.69	
Copper	mg	0.093		0	0.310	0.079	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.160		0	0.533	0.136	
Niacin	mg	3.490		0	11.622	2.967	
Pantothenic acid	mg	0.420		0	1.399	0.357	
Vitamin B-6	mg	0.350		0	1.165	0.298	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.10		0	6.99	1.78	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.179		0	0.596	0.152	
Lipids:							
Saturated, total	g	4.980		0	16.583	4.233	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.100	0.026	
12:0	g	0.030		0	0.100	0.026	
14:0	g	0.390		0	1.299	0.331	
15.0	g						
16:0	g	3.110		0	10.356	2.643	
17:0	g						
18:0	g	1.420		0	4.729	1.207	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.480	0	18.248	4.658
14:1	g				
16:1	g	0.540	0	1.798	0.459
18:1	g	4.930	0	16.417	4.190
20:1	g	0.020	0	0.067	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.460	0	1.532	0.391
18:2	g	0.310	0	1.032	0.264
18:3	g	0.130	0	0.433	0.111
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.067	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	0	240	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.300	0	0.999	0.255
Threonine	g	1.170	0	3.896	0.995
Isoleucine	g	1.204	0	4.009	1.023
Leucine	g	2.117	0	7.050	1.799
Lysine	g	2.229	0	7.423	1.895
Methionine	g	0.686	0	2.284	0.583
Cystine	g	0.300	0	0.999	0.255
Phenylalanine	g	1.046	0	3.483	0.889
Tyrosine	g	0.900	0	2.997	0.765
Valine	g	1.303	0	4.339	1.108
Arginine	g	1.693	0	5.638	1.439
Histidine	g	0.917	0	3.054	0.779
Alanine	g	1.616	0	5.381	1.374
Aspartic acid	g	2.447	0	8.149	2.080
Glutamic acid	g	4.024	0	13.400	3.420
Glycine	g	1.461	0	4.865	1.242
Proline	g	1.183	0	3.939	1.006
Serine	g	1.024	0	3.410	0.870
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13177 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.47		0	17.99	287.90	
Energy	kcal	218		0	62	989	
Energy	kj	912		0	259	4137	
Protein (N x 5.95)	g	19.72		0	5.59	89.45	
Total lipid (fat)	g	14.80		0	4.20	67.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.28	4.49	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.35		0	0.38	6.12	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	189		0	54	857	
Potassium	mg	335		0	95	1520	
Sodium	mg	49		0	14	222	
Zinc	mg	2.63		0	0.75	11.93	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.360		0	0.953	15.241	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.410		0	0.116	1.860	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.94		0	0.83	13.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.850		0	1.658	26.536	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.460		0	0.130	2.087	
15.0	g						
16:0	g	3.580		0	1.015	16.239	
17:0	g						
18:0	g	1.740		0	0.493	7.893	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.370	0	1.806	28.894
14:1	g				
16:1	g	0.750	0	0.213	3.402
18:1	g	5.600	0	1.588	25.402
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.560	0	0.159	2.540
18:2	g	0.360	0	0.102	1.633
18:3	g	0.170	0	0.048	0.771
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	0	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.861	0	0.244	3.905
Isoleucine	g	0.887	0	0.251	4.023
Leucine	g	1.559	0	0.442	7.072
Lysine	g	1.641	0	0.465	7.444
Methionine	g	0.505	0	0.143	2.291
Cystine	g	0.221	0	0.063	1.002
Phenylalanine	g	0.770	0	0.218	3.493
Tyrosine	g	0.663	0	0.188	3.007
Valine	g	0.959	0	0.272	4.350
Arginine	g	1.246	0	0.353	5.652
Histidine	g	0.675	0	0.191	3.062
Alanine	g	1.189	0	0.337	5.393
Aspartic acid	g	1.802	0	0.511	8.174
Glutamic acid	g	2.963	0	0.840	13.440
Glycine	g	1.076	0	0.305	4.881
Proline	g	0.871	0	0.247	3.951
Serine	g	0.754	0	0.214	3.420
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13178 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.88		0	196.07	50.05	
Energy	kcal	241		0	803	205	
Energy	kj	1008		0	3357	857	
Protein (N x 5.95)	g	26.60		0	88.58	22.61	
Total lipid (fat)	g	14.10		0	46.95	11.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	3.70	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	1.83		0	6.09	1.56	
Magnesium	mg	24		0	80	20	
Phosphorus	mg	206		0	686	175	
Potassium	mg	359		0	1195	305	
Sodium	mg	59		0	196	50	
Zinc	mg	4.31		0	14.35	3.66	
Copper	mg	0.093		0	0.310	0.079	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.160		0	0.533	0.136	
Niacin	mg	3.470		0	11.555	2.950	
Pantothenic acid	mg	0.420		0	1.399	0.357	
Vitamin B-6	mg	0.350		0	1.165	0.298	
Folate	µg	6		0	20	5	
Vitamin B-12	µg	2.10		0	6.99	1.78	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.500		0	18.315	4.675	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.133	0.034	
12:0	g	0.030		0	0.100	0.026	
14:0	g	0.430		0	1.432	0.366	
15.0	g						
16:0	g	3.440		0	11.455	2.924	
17:0	g						
18:0	g	1.570		0	5.228	1.335	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.060	0	20.180	5.151
14:1	g				
16:1	g	0.590	0	1.965	0.501
18:1	g	5.450	0	18.149	4.633
20:1	g	0.020	0	0.067	0.017
22.1	g				
Polyunsaturated, total	g	0.510	0	1.698	0.434
18:2	g	0.340	0	1.132	0.289
18:3	g	0.140	0	0.466	0.119
18:4	g				
20:4	g	0.020	0	0.067	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	240	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.992	0.253
Threonine	g	1.162	0	3.869	0.988
Isoleucine	g	1.196	0	3.983	1.017
Leucine	g	2.103	0	7.003	1.788
Lysine	g	2.213	0	7.369	1.881
Methionine	g	0.681	0	2.268	0.579
Cystine	g	0.298	0	0.992	0.253
Phenylalanine	g	1.039	0	3.460	0.883
Tyrosine	g	0.894	0	2.977	0.760
Valine	g	1.294	0	4.309	1.100
Arginine	g	1.681	0	5.598	1.429
Histidine	g	0.911	0	3.034	0.774
Alanine	g	1.605	0	5.345	1.364
Aspartic acid	g	2.431	0	8.095	2.066
Glutamic acid	g	3.997	0	13.310	3.397
Glycine	g	1.451	0	4.832	1.233
Proline	g	1.175	0	3.913	0.999
Serine	g	1.017	0	3.387	0.864
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13179 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.32		0	18.23	291.76	
Energy	kcal	202		0	57	916	
Energy	kj	845		0	240	3833	
Protein (N x 5.95)	g	19.85		0	5.63	90.04	
Total lipid (fat)	g	13.02		0	3.69	59.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.28	4.49	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.36		0	0.39	6.17	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	190		0	54	862	
Potassium	mg	339		0	96	1538	
Sodium	mg	50		0	14	227	
Zinc	mg	2.65		0	0.75	12.02	
Copper	mg	0.057		0	0.016	0.259	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.130		0	0.037	0.590	
Niacin	mg	3.390		0	0.961	15.377	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.410		0	0.116	1.860	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.96		0	0.84	13.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.190		0	1.471	23.542	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.410		0	0.116	1.860	
15.0	g						
16:0	g	3.160		0	0.896	14.334	
17:0	g						
18:0	g	1.550		0	0.439	7.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.610	0	1.590	25.447
14:1	g				
16:1	g	0.670	0	0.190	3.039
18:1	g	4.930	0	1.398	22.362
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.490	0	0.139	2.223
18:2	g	0.310	0	0.088	1.406
18:3	g	0.160	0	0.045	0.726
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.867	0	0.246	3.933
Isoleucine	g	0.893	0	0.253	4.051
Leucine	g	1.569	0	0.445	7.117
Lysine	g	1.652	0	0.468	7.493
Methionine	g	0.508	0	0.144	2.304
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.775	0	0.220	3.515
Tyrosine	g	0.667	0	0.189	3.026
Valine	g	0.966	0	0.274	4.382
Arginine	g	1.255	0	0.356	5.693
Histidine	g	0.680	0	0.193	3.084
Alanine	g	1.198	0	0.340	5.434
Aspartic acid	g	1.814	0	0.514	8.228
Glutamic acid	g	2.983	0	0.846	13.531
Glycine	g	1.083	0	0.307	4.912
Proline	g	0.877	0	0.249	3.978
Serine	g	0.759	0	0.215	3.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13180 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 333g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.98		0	199.73	50.98	
Energy	kcal	217		0	723	184	
Energy	kj	908		0	3024	772	
Protein (N x 5.95)	g	26.97		0	89.81	22.92	
Total lipid (fat)	g	11.30		0	37.63	9.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.76	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	1.85		0	6.16	1.57	
Magnesium	mg	25		0	83	21	
Phosphorus	mg	209		0	696	178	
Potassium	mg	365		0	1215	310	
Sodium	mg	60		0	200	51	
Zinc	mg	4.37		0	14.55	3.71	
Copper	mg	0.094		0	0.313	0.080	
Manganese	mg	0.015		0	0.050	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.266	0.068	
Riboflavin	mg	0.160		0	0.533	0.136	
Niacin	mg	3.510		0	11.688	2.983	
Pantothenic acid	mg	0.420		0	1.399	0.357	
Vitamin B-6	mg	0.350		0	1.165	0.298	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.11		0	7.03	1.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.430		0	14.752	3.765	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.100	0.026	
12:0	g	0.030		0	0.100	0.026	
14:0	g	0.350		0	1.165	0.298	
15.0	g						
16:0	g	2.760		0	9.191	2.346	
17:0	g						
18:0	g	1.260		0	4.196	1.071	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860	0	16.184	4.131
14:1	g				
16:1	g	0.480	0	1.598	0.408
18:1	g	4.360	0	14.519	3.706
20:1	g	0.020	0	0.067	0.017
22.1	g				
Polyunsaturated, total	g	0.410	0	1.365	0.349
18:2	g	0.270	0	0.899	0.230
18:3	g	0.120	0	0.400	0.102
18:4	g				
20:4	g	0.020	0	0.067	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	240	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	1.006	0.257
Threonine	g	1.178	0	3.923	1.001
Isoleucine	g	1.213	0	4.039	1.031
Leucine	g	2.132	0	7.100	1.812
Lysine	g	2.244	0	7.473	1.907
Methionine	g	0.690	0	2.298	0.587
Cystine	g	0.302	0	1.006	0.257
Phenylalanine	g	1.053	0	3.506	0.895
Tyrosine	g	0.906	0	3.017	0.770
Valine	g	1.312	0	4.369	1.115
Arginine	g	1.705	0	5.678	1.449
Histidine	g	0.923	0	3.074	0.785
Alanine	g	1.627	0	5.418	1.383
Aspartic acid	g	2.464	0	8.205	2.094
Glutamic acid	g	4.052	0	13.493	3.444
Glycine	g	1.471	0	4.898	1.250
Proline	g	1.191	0	3.966	1.012
Serine	g	1.031	0	3.433	0.876
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13183 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 15% Connective tissue 1%, separable fat 14%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.30		1	20.21	323.42	
Energy	kcal	132		0	37	599	
Energy	kj	552		0	156	2504	
Protein (N x 5.95)	g	21.75	0.258	24	6.17	98.66	
Total lipid (fat)	g	4.30		1	1.22	19.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.021	20	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.161	11	1	18	
Iron	mg	1.46	0.065	22	0.41	6.62	
Magnesium	mg	23	0.919	21	7	104	
Phosphorus	mg	210	4.333	11	60	953	
Potassium	mg	383	7.473	37	109	1737	
Sodium	mg	53	1.811	37	15	240	
Zinc	mg	2.92	0.128	28	0.83	13.25	
Copper	mg	0.061	0.003	18	0.017	0.277	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.005	22	0.028	0.454	
Riboflavin	mg	0.140	0.005	20	0.040	0.635	
Niacin	mg	3.710	0.203	22	1.052	16.829	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.450		1	0.128	2.041	
Folate	µg	7	0.690	11	2	32	
Vitamin B-12	µg	3.20	0.260	19	0.91	14.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.480		0	0.420	6.713	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		19	0.000	0.000	
12:0	g	0.000		19	0.000	0.000	
14:0	g	0.100		19	0.028	0.454	
15.0	g						
16:0	g	0.950		19	0.269	4.309	
17:0	g						
18:0	g	0.430		19	0.122	1.950	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.780		0	0.505	8.074
14:1	g					
16:1	g	0.170		19	0.048	0.771
18:1	g	1.610		19	0.456	7.303
20:1	g	0.000		19	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.180		0	0.051	0.816
18:2	g	0.140		19	0.040	0.635
18:3	g	0.010		19	0.003	0.045
18:4	g					
20:4	g	0.030		19	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	54	1.859	25	15	245
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.244		0	0.069	1.107
Threonine	g	0.950		0	0.269	4.309
Isoleucine	g	0.978		0	0.277	4.436
Leucine	g	1.719		0	0.487	7.797
Lysine	g	1.810		0	0.513	8.210
Methionine	g	0.557		0	0.158	2.527
Cystine	g	0.244		0	0.069	1.107
Phenylalanine	g	0.849		0	0.241	3.851
Tyrosine	g	0.731		0	0.207	3.316
Valine	g	1.058		0	0.300	4.799
Arginine	g	1.375		0	0.390	6.237
Histidine	g	0.745		0	0.211	3.379
Alanine	g	1.312		0	0.372	5.951
Aspartic acid	g	1.987		0	0.563	9.013
Glutamic acid	g	3.268		0	0.926	14.824
Glycine	g	1.187		0	0.337	5.384
Proline	g	0.960		0	0.272	4.355
Serine	g	0.832		0	0.236	3.774
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13184 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 14% 2% connective tissue, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.00		1	190.45	55.25	
Energy	kcal	168		0	492	143	
Energy	kj	703		0	2060	598	
Protein (N x 5.95)	g	28.99	0.267	14	84.94	24.64	
Total lipid (fat)	g	4.90		1	14.36	4.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.025	15	3.55	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.224	11	15	4	
Iron	mg	1.95	0.109	11	5.71	1.66	
Magnesium	mg	27	0.926	11	79	23	
Phosphorus	mg	226		1	662	192	
Potassium	mg	395	13.181	11	1157	336	
Sodium	mg	62	5.970	11	182	53	
Zinc	mg	4.74	0.310	8	13.89	4.03	
Copper	mg	0.100	0.010	8	0.293	0.085	
Manganese	mg	0.016		1	0.047	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.006	11	0.264	0.077	
Riboflavin	mg	0.170	0.015	7	0.498	0.145	
Niacin	mg	3.750	0.227	10	10.988	3.188	
Pantothenic acid	mg	0.460		1	1.348	0.391	
Vitamin B-6	mg	0.380		1	1.113	0.323	
Folate	µg	7	1.516	11	21	6	
Vitamin B-12	µg	2.17	0.272	11	6.36	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.410	0.119	
Lipids:							
Saturated, total	g	1.780		0	5.215	1.513	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.120		8	0.352	0.102	
15.0	g						
16:0	g	1.110		8	3.252	0.944	
17:0	g						
18:0	g	0.540		8	1.582	0.459	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.080		0	6.094	1.768
14:1	g					
16:1	g	0.180		8	0.527	0.153
18:1	g	1.900		8	5.567	1.615
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.160		0	0.469	0.136
18:2	g	0.130		8	0.381	0.111
18:3	g	0.010		8	0.029	0.009
18:4	g	0.000		0	0.000	0.000
20:4	g	0.020		8	0.059	0.017
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	69	3.252	8	202	59
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.325		0	0.952	0.276
Threonine	g	1.266		0	3.709	1.076
Isoleucine	g	1.303		0	3.818	1.108
Leucine	g	2.291		0	6.713	1.947
Lysine	g	2.412		0	7.067	2.050
Methionine	g	0.742		0	2.174	0.631
Cystine	g	0.325		0	0.952	0.276
Phenylalanine	g	1.132		0	3.317	0.962
Tyrosine	g	0.974		0	2.854	0.828
Valine	g	1.410		0	4.131	1.198
Arginine	g	1.832		0	5.368	1.557
Histidine	g	0.993		0	2.909	0.844
Alanine	g	1.749		0	5.125	1.487
Aspartic acid	g	2.648		0	7.759	2.251
Glutamic acid	g	4.355		0	12.760	3.702
Glycine	g	1.582		0	4.635	1.345
Proline	g	1.280		0	3.750	1.088
Serine	g	1.108		0	3.246	0.942
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13185 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 16% Connective tissue 1%, separable fat 15%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.10		1	20.16	322.51	
Energy	kcal	137		0	39	621	
Energy	kj	573		0	162	2599	
Protein (N x 5.95)	g	21.75		1	6.17	98.66	
Total lipid (fat)	g	4.90		1	1.39	22.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		1	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	1.46		1	0.41	6.62	
Magnesium	mg	23		1	7	104	
Phosphorus	mg	210		1	60	953	
Potassium	mg	383		1	109	1737	
Sodium	mg	53		1	15	240	
Zinc	mg	2.92		1	0.83	13.25	
Copper	mg	0.061		1	0.017	0.277	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.140		1	0.040	0.635	
Niacin	mg	3.710		1	1.052	16.829	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.450		1	0.128	2.041	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.20		1	0.91	14.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.690		0	0.479	7.666	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		19	0.000	0.000	
12:0	g	0.000		19	0.000	0.000	
14:0	g	0.110		19	0.031	0.499	
15.0	g						
16:0	g	1.080		19	0.306	4.899	
17:0	g						
18:0	g	0.490		19	0.139	2.223	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.030	0	0.576	9.208
14:1	g				
16:1	g	0.200	19	0.057	0.907
18:1	g	1.840	19	0.522	8.346
20:1	g	0.000	19	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.210	0	0.060	0.953
18:2	g	0.160	19	0.045	0.726
18:3	g	0.010	19	0.003	0.045
18:4	g				
20:4	g	0.030	19	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	54	1	15	245
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.244	0	0.069	1.107
Threonine	g	0.950	0	0.269	4.309
Isoleucine	g	0.978	0	0.277	4.436
Leucine	g	1.719	0	0.487	7.797
Lysine	g	1.810	0	0.513	8.210
Methionine	g	0.557	0	0.158	2.527
Cystine	g	0.244	0	0.069	1.107
Phenylalanine	g	0.849	0	0.241	3.851
Tyrosine	g	0.731	0	0.207	3.316
Valine	g	1.058	0	0.300	4.799
Arginine	g	1.375	0	0.390	6.237
Histidine	g	0.745	0	0.211	3.379
Alanine	g	1.312	0	0.372	5.951
Aspartic acid	g	1.987	0	0.563	9.013
Glutamic acid	g	3.268	0	0.926	14.824
Glycine	g	1.187	0	0.337	5.384
Proline	g	0.960	0	0.272	4.355
Serine	g	0.832	0	0.236	3.774
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13186 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 14% 2% connective tissue, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.90		0	190.16	55.17	
Energy	kcal	175		0	513	149	
Energy	kj	732		0	2145	622	
Protein (N x 5.95)	g	28.99		0	84.94	24.64	
Total lipid (fat)	g	5.70		0	16.70	4.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.55	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	1.95		0	5.71	1.66	
Magnesium	mg	27		0	79	23	
Phosphorus	mg	226		0	662	192	
Potassium	mg	395		0	1157	336	
Sodium	mg	62		0	182	53	
Zinc	mg	4.74		0	13.89	4.03	
Copper	mg	0.100		0	0.293	0.085	
Manganese	mg	0.016		0	0.047	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.264	0.077	
Riboflavin	mg	0.170		0	0.498	0.145	
Niacin	mg	3.750		0	10.988	3.188	
Pantothenic acid	mg	0.460		0	1.348	0.391	
Vitamin B-6	mg	0.380		0	1.113	0.323	
Folate	µg	7		0	21	6	
Vitamin B-12	µg	2.17		0	6.36	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.070		0	6.065	1.759	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.140		0	0.410	0.119	
15.0	g						
16:0	g	1.300		0	3.809	1.105	
17:0	g						
18:0	g	0.630		0	1.846	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.420	0	7.091	2.057
14:1	g				
16:1	g	0.210	0	0.615	0.179
18:1	g	2.210	0	6.475	1.878
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.180	0	0.527	0.153
18:2	g	0.150	0	0.439	0.128
18:3	g	0.010	0	0.029	0.009
18:4	g				
20:4	g	0.030	0	0.088	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	202	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.952	0.276
Threonine	g	1.266	0	3.709	1.076
Isoleucine	g	1.303	0	3.818	1.108
Leucine	g	2.291	0	6.713	1.947
Lysine	g	2.412	0	7.067	2.050
Methionine	g	0.742	0	2.174	0.631
Cystine	g	0.325	0	0.952	0.276
Phenylalanine	g	1.132	0	3.317	0.962
Tyrosine	g	0.974	0	2.854	0.828
Valine	g	1.410	0	4.131	1.198
Arginine	g	1.832	0	5.368	1.557
Histidine	g	0.993	0	2.909	0.844
Alanine	g	1.749	0	5.125	1.487
Aspartic acid	g	2.648	0	7.759	2.251
Glutamic acid	g	4.355	0	12.760	3.702
Glycine	g	1.582	0	4.635	1.345
Proline	g	1.280	0	3.750	1.088
Serine	g	1.108	0	3.246	0.942
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13187 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 15% Connective tissue 1%, separable fat 14%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.50		1	20.27	324.32	
Energy	kcal	125		0	35	567	
Energy	kj	523		0	148	2372	
Protein (N x 5.95)	g	21.75		1	6.17	98.66	
Total lipid (fat)	g	3.60		1	1.02	16.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		1	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	1.46		1	0.41	6.62	
Magnesium	mg	23		1	7	104	
Phosphorus	mg	210		1	60	953	
Potassium	mg	383		1	109	1737	
Sodium	mg	53		1	15	240	
Zinc	mg	2.92		1	0.83	13.25	
Copper	mg	0.061		1	0.017	0.277	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.140		1	0.040	0.635	
Niacin	mg	3.710		1	1.052	16.829	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.450		1	0.128	2.041	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.20		1	0.91	14.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.240		0	0.352	5.625	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		19	0.000	0.000	
12:0	g	0.000		19	0.000	0.000	
14:0	g	0.080		19	0.023	0.363	
15.0	g						
16:0	g	0.790		19	0.224	3.583	
17:0	g						
18:0	g	0.360		19	0.102	1.633	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.490	0	0.422	6.759
14:1	g				
16:1	g	0.140	19	0.040	0.635
18:1	g	1.350	19	0.383	6.124
20:1	g	0.000	19	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.150	0	0.043	0.680
18:2	g	0.120	19	0.034	0.544
18:3	g	0.010	19	0.003	0.045
18:4	g				
20:4	g	0.030	19	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	54	1	15	245
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.244	0	0.069	1.107
Threonine	g	0.950	0	0.269	4.309
Isoleucine	g	0.978	0	0.277	4.436
Leucine	g	1.719	0	0.487	7.797
Lysine	g	1.810	0	0.513	8.210
Methionine	g	0.557	0	0.158	2.527
Cystine	g	0.244	0	0.069	1.107
Phenylalanine	g	0.849	0	0.241	3.851
Tyrosine	g	0.731	0	0.207	3.316
Valine	g	1.058	0	0.300	4.799
Arginine	g	1.375	0	0.390	6.237
Histidine	g	0.745	0	0.211	3.379
Alanine	g	1.312	0	0.372	5.951
Aspartic acid	g	1.987	0	0.563	9.013
Glutamic acid	g	3.268	0	0.926	14.824
Glycine	g	1.187	0	0.337	5.384
Proline	g	0.960	0	0.272	4.355
Serine	g	0.832	0	0.236	3.774
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13188 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 14% 3% connective tissue, 11% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.10		0	190.74	55.33	
Energy	kcal	160		0	469	136	
Energy	kj	669		0	1960	569	
Protein (N x 5.95)	g	28.99		0	84.94	24.64	
Total lipid (fat)	g	4.00		0	11.72	3.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.55	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	1.95		0	5.71	1.66	
Magnesium	mg	27		0	79	23	
Phosphorus	mg	226		0	662	192	
Potassium	mg	395		0	1157	336	
Sodium	mg	62		0	182	53	
Zinc	mg	4.74		0	13.89	4.03	
Copper	mg	0.100		0	0.293	0.085	
Manganese	mg	0.016		0	0.047	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.264	0.077	
Riboflavin	mg	0.170		0	0.498	0.145	
Niacin	mg	3.750		0	10.988	3.188	
Pantothenic acid	mg	0.460		0	1.348	0.391	
Vitamin B-6	mg	0.380		0	1.113	0.323	
Folate	µg	7		0	21	6	
Vitamin B-12	µg	2.17		0	6.36	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.450		0	4.248	1.232	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		0	0.293	0.085	
15.0	g						
16:0	g	0.910		0	2.666	0.774	
17:0	g						
18:0	g	0.440		0	1.289	0.374	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.700	0	4.981	1.445
14:1	g				
16:1	g	0.150	0	0.439	0.128
18:1	g	1.550	0	4.542	1.317
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.130	0	0.381	0.111
18:2	g	0.100	0	0.293	0.085
18:3	g	0.010	0	0.029	0.009
18:4	g				
20:4	g	0.020	0	0.059	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	202	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.952	0.276
Threonine	g	1.266	0	3.709	1.076
Isoleucine	g	1.303	0	3.818	1.108
Leucine	g	2.291	0	6.713	1.947
Lysine	g	2.412	0	7.067	2.050
Methionine	g	0.742	0	2.174	0.631
Cystine	g	0.325	0	0.952	0.276
Phenylalanine	g	1.132	0	3.317	0.962
Tyrosine	g	0.974	0	2.854	0.828
Valine	g	1.410	0	4.131	1.198
Arginine	g	1.832	0	5.368	1.557
Histidine	g	0.993	0	2.909	0.844
Alanine	g	1.749	0	5.125	1.487
Aspartic acid	g	2.648	0	7.759	2.251
Glutamic acid	g	4.355	0	12.760	3.702
Glycine	g	1.582	0	4.635	1.345
Proline	g	1.280	0	3.750	1.088
Serine	g	1.108	0	3.246	0.942
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13191 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.92		0	18.40	294.48	
Energy	kcal	201		0	57	912	
Energy	kj	841		0	238	3815	
Protein (N x 5.95)	g	19.31		0	5.47	87.59	
Total lipid (fat)	g	13.19		0	3.74	59.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	0.26	4.22	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.97		0	0.56	8.94	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	190		0	54	862	
Potassium	mg	322		0	91	1461	
Sodium	mg	57		0	16	259	
Zinc	mg	4.32		0	1.22	19.60	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.110		0	0.882	14.107	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.97		0	0.84	13.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.240		0	1.486	23.769	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.410		0	0.116	1.860	
15.0	g						
16:0	g	3.160		0	0.896	14.334	
17:0	g						
18:0	g	1.590		0	0.451	7.212	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.660	0	1.605	25.674
14:1	g				
16:1	g	0.660	0	0.187	2.994
18:1	g	4.990	0	1.415	22.635
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.520	0	0.147	2.359
18:2	g	0.340	0	0.096	1.542
18:3	g	0.160	0	0.045	0.726
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.980
Threonine	g	0.843	0	0.239	3.824
Isoleucine	g	0.868	0	0.246	3.937
Leucine	g	1.526	0	0.433	6.922
Lysine	g	1.606	0	0.455	7.285
Methionine	g	0.494	0	0.140	2.241
Cystine	g	0.216	0	0.061	0.980
Phenylalanine	g	0.754	0	0.214	3.420
Tyrosine	g	0.649	0	0.184	2.944
Valine	g	0.939	0	0.266	4.259
Arginine	g	1.220	0	0.346	5.534
Histidine	g	0.661	0	0.187	2.998
Alanine	g	1.165	0	0.330	5.284
Aspartic acid	g	1.764	0	0.500	8.002
Glutamic acid	g	2.901	0	0.822	13.159
Glycine	g	1.053	0	0.299	4.776
Proline	g	0.853	0	0.242	3.869
Serine	g	0.738	0	0.209	3.348
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 323g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.18		0	194.38	51.15	
Energy	kcal	234		0	756	199	
Energy	kj	979		0	3162	832	
Protein (N x 5.95)	g	26.91		0	86.92	22.87	
Total lipid (fat)	g	13.24		0	42.77	11.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	3.59	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.75		0	8.88	2.34	
Magnesium	mg	25		0	81	21	
Phosphorus	mg	225		0	727	191	
Potassium	mg	359		0	1160	305	
Sodium	mg	63		0	203	54	
Zinc	mg	6.50		0	21.00	5.53	
Copper	mg	0.117		0	0.378	0.099	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.291	0.077	
Riboflavin	mg	0.250		0	0.808	0.213	
Niacin	mg	3.520		0	11.370	2.992	
Pantothenic acid	mg	0.440		0	1.421	0.374	
Vitamin B-6	mg	0.370		0	1.195	0.315	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.76		0	8.91	2.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.170		0	0.549	0.145	
Lipids:							
Saturated, total	g	5.020		0	16.215	4.267	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.097	0.026	
12:0	g	0.030		0	0.097	0.026	
14:0	g	0.390		0	1.260	0.331	
15.0	g						
16:0	g	3.080		0	9.948	2.618	
17:0	g						
18:0	g	1.500		0	4.845	1.275	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.510	0	17.797	4.683
14:1	g				
16:1	g	0.520	0	1.680	0.442
18:1	g	4.980	0	16.085	4.233
20:1	g	0.020	0	0.065	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.510	0	1.647	0.434
18:2	g	0.360	0	1.163	0.306
18:3	g	0.120	0	0.388	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.097	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	265	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.972	0.256
Threonine	g	1.175	0	3.795	0.999
Isoleucine	g	1.210	0	3.908	1.028
Leucine	g	2.127	0	6.870	1.808
Lysine	g	2.239	0	7.232	1.903
Methionine	g	0.689	0	2.225	0.586
Cystine	g	0.301	0	0.972	0.256
Phenylalanine	g	1.050	0	3.392	0.893
Tyrosine	g	0.904	0	2.920	0.768
Valine	g	1.309	0	4.228	1.113
Arginine	g	1.700	0	5.491	1.445
Histidine	g	0.921	0	2.975	0.783
Alanine	g	1.623	0	5.242	1.380
Aspartic acid	g	2.458	0	7.939	2.089
Glutamic acid	g	4.042	0	13.056	3.436
Glycine	g	1.468	0	4.742	1.248
Proline	g	1.188	0	3.837	1.010
Serine	g	1.029	0	3.324	0.875
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13193 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 4% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.23		0	18.21	291.35	
Energy	kcal	212		0	60	962	
Energy	kj	887		0	251	4023	
Protein (N x 5.95)	g	19.18		0	5.44	87.00	
Total lipid (fat)	g	14.37		0	4.07	65.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	0.26	4.22	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.96		0	0.56	8.89	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	189		0	54	857	
Potassium	mg	319		0	90	1447	
Sodium	mg	57		0	16	259	
Zinc	mg	4.28		0	1.21	19.41	
Copper	mg	0.075		0	0.021	0.340	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.090		0	0.876	14.016	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.96		0	0.84	13.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.690		0	1.613	25.810	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.440		0	0.125	1.996	
15.0	g						
16:0	g	3.440		0	0.975	15.604	
17:0	g						
18:0	g	1.730		0	0.490	7.847	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.160	0	1.746	27.942
14:1	g				
16:1	g	0.710	0	0.201	3.221
18:1	g	5.440	0	1.542	24.676
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.560	0	0.159	2.540
18:2	g	0.370	0	0.105	1.678
18:3	g	0.170	0	0.048	0.771
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	19	299
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.215	0	0.061	0.975
Threonine	g	0.838	0	0.238	3.801
Isoleucine	g	0.862	0	0.244	3.910
Leucine	g	1.516	0	0.430	6.877
Lysine	g	1.596	0	0.452	7.239
Methionine	g	0.491	0	0.139	2.227
Cystine	g	0.215	0	0.061	0.975
Phenylalanine	g	0.749	0	0.212	3.397
Tyrosine	g	0.644	0	0.183	2.921
Valine	g	0.933	0	0.265	4.232
Arginine	g	1.212	0	0.344	5.498
Histidine	g	0.657	0	0.186	2.980
Alanine	g	1.157	0	0.328	5.248
Aspartic acid	g	1.752	0	0.497	7.947
Glutamic acid	g	2.881	0	0.817	13.068
Glycine	g	1.046	0	0.297	4.745
Proline	g	0.847	0	0.240	3.842
Serine	g	0.733	0	0.208	3.325
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 6% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.08		0	189.06	50.22	
Energy	kcal	247		0	790	210	
Energy	kj	1033		0	3306	878	
Protein (N x 5.95)	g	26.54		0	84.93	22.56	
Total lipid (fat)	g	14.86		0	47.55	12.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.49	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.71		0	8.67	2.30	
Magnesium	mg	24		0	77	20	
Phosphorus	mg	222		0	710	189	
Potassium	mg	354		0	1133	301	
Sodium	mg	62		0	198	53	
Zinc	mg	6.39		0	20.45	5.43	
Copper	mg	0.115		0	0.368	0.098	
Manganese	mg	0.016		0	0.051	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.288	0.077	
Riboflavin	mg	0.250		0	0.800	0.213	
Niacin	mg	3.480		0	11.136	2.958	
Pantothenic acid	mg	0.430		0	1.376	0.366	
Vitamin B-6	mg	0.370		0	1.184	0.315	
Folate	µg	7		0	22	6	
Vitamin B-12	µg	2.74		0	8.77	2.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.576	0.153	
Lipids:							
Saturated, total	g	5.670		0	18.144	4.819	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.096	0.026	
12:0	g	0.030		0	0.096	0.026	
14:0	g	0.440		0	1.408	0.374	
15.0	g						
16:0	g	3.480		0	11.136	2.958	
17:0	g						
18:0	g	1.680		0	5.376	1.428	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.210	0	19.872	5.279
14:1	g				
16:1	g	0.590	0	1.888	0.501
18:1	g	5.600	0	17.920	4.760
20:1	g	0.020	0	0.064	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	1.856	0.493
18:2	g	0.400	0	1.280	0.340
18:3	g	0.140	0	0.448	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.096	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	83	0	266	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.297	0	0.950	0.252
Threonine	g	1.159	0	3.709	0.985
Isoleucine	g	1.193	0	3.818	1.014
Leucine	g	2.098	0	6.714	1.783
Lysine	g	2.209	0	7.069	1.878
Methionine	g	0.680	0	2.176	0.578
Cystine	g	0.297	0	0.950	0.252
Phenylalanine	g	1.036	0	3.315	0.881
Tyrosine	g	0.892	0	2.854	0.758
Valine	g	1.291	0	4.131	1.097
Arginine	g	1.678	0	5.370	1.426
Histidine	g	0.909	0	2.909	0.773
Alanine	g	1.601	0	5.123	1.361
Aspartic acid	g	2.425	0	7.760	2.061
Glutamic acid	g	3.988	0	12.762	3.390
Glycine	g	1.448	0	4.634	1.231
Proline	g	1.172	0	3.750	0.996
Serine	g	1.015	0	3.248	0.863
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13195 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.14		0	18.75	300.01	
Energy	kcal	186		0	53	844	
Energy	kj	778		0	221	3529	
Protein (N x 5.95)	g	19.56		0	5.55	88.72	
Total lipid (fat)	g	11.32		0	3.21	51.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	2.00		0	0.57	9.07	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	193		0	55	875	
Potassium	mg	328		0	93	1488	
Sodium	mg	58		0	16	263	
Zinc	mg	4.40		0	1.25	19.96	
Copper	mg	0.076		0	0.022	0.345	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.150		0	0.893	14.288	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.410		0	0.116	1.860	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	3.01		0	0.85	13.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.490		0	1.273	20.367	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.350		0	0.099	1.588	
15.0	g						
16:0	g	2.710		0	0.768	12.293	
17:0	g						
18:0	g	1.370		0	0.388	6.214	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860	0	1.378	22.045
14:1	g				
16:1	g	0.560	0	0.159	2.540
18:1	g	4.280	0	1.213	19.414
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.440	0	0.125	1.996
18:2	g	0.290	0	0.082	1.315
18:3	g	0.130	0	0.037	0.590
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.062	0.993
Threonine	g	0.855	0	0.242	3.878
Isoleucine	g	0.880	0	0.249	3.992
Leucine	g	1.546	0	0.438	7.013
Lysine	g	1.628	0	0.462	7.385
Methionine	g	0.501	0	0.142	2.273
Cystine	g	0.219	0	0.062	0.993
Phenylalanine	g	0.764	0	0.217	3.466
Tyrosine	g	0.657	0	0.186	2.980
Valine	g	0.952	0	0.270	4.318
Arginine	g	1.236	0	0.350	5.606
Histidine	g	0.670	0	0.190	3.039
Alanine	g	1.180	0	0.335	5.352
Aspartic acid	g	1.787	0	0.507	8.106
Glutamic acid	g	2.939	0	0.833	13.331
Glycine	g	1.067	0	0.302	4.840
Proline	g	0.864	0	0.245	3.919
Serine	g	0.748	0	0.212	3.393
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 323g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.91		0	196.74	51.77	
Energy	kcal	225		0	727	191	
Energy	kj	941		0	3039	800	
Protein (N x 5.95)	g	27.09		0	87.50	23.03	
Total lipid (fat)	g	12.15		0	39.24	10.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	3.59	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.77		0	8.95	2.35	
Magnesium	mg	25		0	81	21	
Phosphorus	mg	227		0	733	193	
Potassium	mg	362		0	1169	308	
Sodium	mg	63		0	203	54	
Zinc	mg	6.56		0	21.19	5.58	
Copper	mg	0.118		0	0.381	0.100	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.291	0.077	
Riboflavin	mg	0.250		0	0.808	0.213	
Niacin	mg	3.540		0	11.434	3.009	
Pantothenic acid	mg	0.440		0	1.421	0.374	
Vitamin B-6	mg	0.380		0	1.227	0.323	
Folate	µg	8		0	26	7	
Vitamin B-12	µg	2.78		0	8.98	2.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.170		0	0.549	0.145	
Lipids:							
Saturated, total	g	4.600		0	14.858	3.910	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.065	0.017	
12:0	g	0.020		0	0.065	0.017	
14:0	g	0.360		0	1.163	0.306	
15.0	g						
16:0	g	2.820		0	9.109	2.397	
17:0	g						
18:0	g	1.380		0	4.457	1.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.060	0	16.344	4.301
14:1	g				
16:1	g	0.480	0	1.550	0.408
18:1	g	4.560	0	14.729	3.876
20:1	g	0.020	0	0.065	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	1.518	0.400
18:2	g	0.330	0	1.066	0.281
18:3	g	0.110	0	0.355	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.097	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	265	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.303	0	0.979	0.258
Threonine	g	1.183	0	3.821	1.006
Isoleucine	g	1.218	0	3.934	1.035
Leucine	g	2.141	0	6.915	1.820
Lysine	g	2.254	0	7.280	1.916
Methionine	g	0.693	0	2.238	0.589
Cystine	g	0.303	0	0.979	0.258
Phenylalanine	g	1.057	0	3.414	0.898
Tyrosine	g	0.910	0	2.939	0.774
Valine	g	1.318	0	4.257	1.120
Arginine	g	1.712	0	5.530	1.455
Histidine	g	0.927	0	2.994	0.788
Alanine	g	1.634	0	5.278	1.389
Aspartic acid	g	2.475	0	7.994	2.104
Glutamic acid	g	4.070	0	13.146	3.460
Glycine	g	1.478	0	4.774	1.256
Proline	g	1.196	0	3.863	1.017
Serine	g	1.036	0	3.346	0.881
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13197 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	65.20		0	18.48	295.75	
Energy	kcal	214		0	61	971	
Energy	kj	895		0	254	4060	
Protein (N x 5.95)	g	19.44		0	5.51	88.18	
Total lipid (fat)	g	14.57		0	4.13	66.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	0.27	4.26	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	1.99		0	0.56	9.03	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	192		0	54	871	
Potassium	mg	325		0	92	1474	
Sodium	mg	58		0	16	263	
Zinc	mg	4.36		0	1.24	19.78	
Copper	mg	0.076		0	0.022	0.345	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	3.130		0	0.887	14.198	
Pantothenic acid	mg	0.330		0	0.094	1.497	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.99		0	0.85	13.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.750		0	1.630	26.082	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.430		0	0.122	1.950	
15.0	g						
16:0	g	3.420		0	0.970	15.513	
17:0	g						
18:0	g	1.740		0	0.493	7.893	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.280	0	1.780	28.486
14:1	g				
16:1	g	0.690	0	0.196	3.130
18:1	g	5.500	0	1.559	24.948
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	0.173	2.767
18:2	g	0.400	0	0.113	1.814
18:3	g	0.150	0	0.043	0.680
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	65	0	18	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.062	0.989
Threonine	g	0.849	0	0.241	3.851
Isoleucine	g	0.874	0	0.248	3.964
Leucine	g	1.536	0	0.435	6.967
Lysine	g	1.617	0	0.458	7.335
Methionine	g	0.498	0	0.141	2.259
Cystine	g	0.218	0	0.062	0.989
Phenylalanine	g	0.759	0	0.215	3.443
Tyrosine	g	0.653	0	0.185	2.962
Valine	g	0.945	0	0.268	4.287
Arginine	g	1.228	0	0.348	5.570
Histidine	g	0.665	0	0.189	3.016
Alanine	g	1.172	0	0.332	5.316
Aspartic acid	g	1.776	0	0.503	8.056
Glutamic acid	g	2.920	0	0.828	13.245
Glycine	g	1.060	0	0.301	4.808
Proline	g	0.858	0	0.243	3.892
Serine	g	0.743	0	0.211	3.370
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13198 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.57		0	181.71	47.23	
Energy	kcal	274		0	896	233	
Energy	kj	1146		0	3747	974	
Protein (N x 5.95)	g	26.36		0	86.20	22.41	
Total lipid (fat)	g	17.90		0	58.53	15.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.56	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.70		0	8.83	2.30	
Magnesium	mg	24		0	78	20	
Phosphorus	mg	220		0	719	187	
Potassium	mg	351		0	1148	298	
Sodium	mg	62		0	203	53	
Zinc	mg	6.33		0	20.70	5.38	
Copper	mg	0.115		0	0.376	0.098	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.294	0.077	
Riboflavin	mg	0.240		0	0.785	0.204	
Niacin	mg	3.460		0	11.314	2.941	
Pantothenic acid	mg	0.430		0	1.406	0.366	
Vitamin B-6	mg	0.370		0	1.210	0.315	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.72		0	8.89	2.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.920		0	22.628	5.882	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.131	0.034	
12:0	g	0.040		0	0.131	0.034	
14:0	g	0.520		0	1.700	0.442	
15.0	g						
16:0	g	4.150		0	13.571	3.528	
17:0	g						
18:0	g	2.020		0	6.605	1.717	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.560	0	24.721	6.426
14:1	g				
16:1	g	0.700	0	2.289	0.595
18:1	g	6.710	0	21.942	5.704
20:1	g	0.020	0	0.065	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.700	0	2.289	0.595
18:2	g	0.490	0	1.602	0.417
18:3	g	0.160	0	0.523	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.131	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	83	0	271	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.965	0.251
Threonine	g	1.152	0	3.767	0.979
Isoleucine	g	1.185	0	3.875	1.007
Leucine	g	2.084	0	6.815	1.771
Lysine	g	2.194	0	7.174	1.865
Methionine	g	0.675	0	2.207	0.574
Cystine	g	0.295	0	0.965	0.251
Phenylalanine	g	1.029	0	3.365	0.875
Tyrosine	g	0.886	0	2.897	0.753
Valine	g	1.282	0	4.192	1.090
Arginine	g	1.666	0	5.448	1.416
Histidine	g	0.903	0	2.953	0.768
Alanine	g	1.590	0	5.199	1.352
Aspartic acid	g	2.409	0	7.877	2.048
Glutamic acid	g	3.961	0	12.952	3.367
Glycine	g	1.438	0	4.702	1.222
Proline	g	1.164	0	3.806	0.989
Serine	g	1.008	0	3.296	0.857
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13199 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 17% Connective tissue 4%, separable fat 13%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.20		1	20.47	327.50	
Energy	kcal	124		0	35	562	
Energy	kj	519		0	147	2354	
Protein (N x 5.95)	g	21.11	1.763	24	5.98	95.75	
Total lipid (fat)	g	3.80		1	1.08	17.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.013	18	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.119	11	1	18	
Iron	mg	2.17	0.069	23	0.62	9.84	
Magnesium	mg	24	0.364	23	7	109	
Phosphorus	mg	210	4.455	12	60	953	
Potassium	mg	364	5.459	23	103	1651	
Sodium	mg	62	2.396	23	18	281	
Zinc	mg	4.86	0.081	19	1.38	22.04	
Copper	mg	0.082	0.002	20	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.007	23	0.034	0.544	
Riboflavin	mg	0.200	0.007	23	0.057	0.907	
Niacin	mg	3.390	0.171	23	0.961	15.377	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8	0.489	11	2	36	
Vitamin B-12	µg	3.22	0.308	22	0.91	14.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.290		0	0.366	5.851	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		33	0.000	0.000	
12:0	g	0.000		33	0.000	0.000	
14:0	g	0.090		33	0.026	0.408	
15.0	g						
16:0	g	0.790		33	0.224	3.583	
17:0	g						
18:0	g	0.420		33	0.119	1.905	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550		0	0.439	7.031
14:1	g					
16:1	g	0.130		33	0.037	0.590
18:1	g	1.420		33	0.403	6.441
20:1	g	0.000		33	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.180		0	0.051	0.816
18:2	g	0.150		33	0.043	0.680
18:3	g	0.010		33	0.003	0.045
18:4	g					
20:4	g	0.030		33	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60	1.303	21	17	272
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.236		0	0.067	1.070
Threonine	g	0.922		0	0.261	4.182
Isoleucine	g	0.949		0	0.269	4.305
Leucine	g	1.669		0	0.473	7.571
Lysine	g	1.757		0	0.498	7.970
Methionine	g	0.540		0	0.153	2.449
Cystine	g	0.236		0	0.067	1.070
Phenylalanine	g	0.824		0	0.234	3.738
Tyrosine	g	0.709		0	0.201	3.216
Valine	g	1.027		0	0.291	4.658
Arginine	g	1.334		0	0.378	6.051
Histidine	g	0.723		0	0.205	3.280
Alanine	g	1.274		0	0.361	5.779
Aspartic acid	g	1.929		0	0.547	8.750
Glutamic acid	g	3.172		0	0.899	14.388
Glycine	g	1.152		0	0.327	5.225
Proline	g	0.932		0	0.264	4.228
Serine	g	0.807		0	0.229	3.661
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 15% 5% connective tissue, 10% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.80		1	187.92	55.08	
Energy	kcal	185		0	537	157	
Energy	kj	774		0	2245	658	
Protein (N x 5.95)	g	28.71	0.569	11	83.26	24.40	
Total lipid (fat)	g	6.90		1	20.01	5.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18	0.026	11	3.42	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.246	11	15	4	
Iron	mg	2.94	0.104	11	8.53	2.50	
Magnesium	mg	27	0.814	11	78	23	
Phosphorus	mg	242		1	702	206	
Potassium	mg	386	12.161	11	1119	328	
Sodium	mg	65	4.672	11	189	55	
Zinc	mg	7.07	0.267	8	20.50	6.01	
Copper	mg	0.125	0.004	8	0.363	0.106	
Manganese	mg	0.017		1	0.049	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.005	11	0.290	0.085	
Riboflavin	mg	0.270	0.010	11	0.783	0.230	
Niacin	mg	3.740	0.166	11	10.846	3.179	
Pantothenic acid	mg	0.470		1	1.363	0.400	
Vitamin B-6	mg	0.400		1	1.160	0.340	
Folate	µg	8	0.896	11	23	7	
Vitamin B-12	µg	2.89	0.649	11	8.38	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.406	0.119	
Lipids:							
Saturated, total	g	2.410		0	6.989	2.049	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.170		8	0.493	0.145	
15.0	g						
16:0	g	1.450		8	4.205	1.232	
17:0	g						
18:0	g	0.790		8	2.291	0.672	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.740		0	7.946	2.329
14:1	g					
16:1	g	0.230		8	0.667	0.196
18:1	g	2.510		8	7.279	2.133
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.280		0	0.812	0.238
18:2	g	0.220		8	0.638	0.187
18:3	g	0.020		8	0.058	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.116	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	81	2.500	8	235	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.322		0	0.934	0.274
Threonine	g	1.254		0	3.637	1.066
Isoleucine	g	1.291		0	3.744	1.097
Leucine	g	2.269		0	6.580	1.929
Lysine	g	2.389		0	6.928	2.031
Methionine	g	0.735		0	2.131	0.625
Cystine	g	0.322		0	0.934	0.274
Phenylalanine	g	1.121		0	3.251	0.953
Tyrosine	g	0.965		0	2.798	0.820
Valine	g	1.397		0	4.051	1.187
Arginine	g	1.815		0	5.264	1.543
Histidine	g	0.983		0	2.851	0.836
Alanine	g	1.732		0	5.023	1.472
Aspartic acid	g	2.623		0	7.607	2.230
Glutamic acid	g	4.314		0	12.511	3.667
Glycine	g	1.567		0	4.544	1.332
Proline	g	1.268		0	3.677	1.078
Serine	g	1.098		0	3.184	0.933
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13201 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 18% Connective tissue 4%, separable fat 14%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.00		1	20.41	326.59	
Energy	kcal	130		0	37	590	
Energy	kj	544		0	154	2468	
Protein (N x 5.95)	g	21.11		1	5.98	95.75	
Total lipid (fat)	g	4.40		1	1.25	19.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	2.17		1	0.62	9.84	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	210		1	60	953	
Potassium	mg	364		1	103	1651	
Sodium	mg	62		1	18	281	
Zinc	mg	4.86		1	1.38	22.04	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		1	0.034	0.544	
Riboflavin	mg	0.200		1	0.057	0.907	
Niacin	mg	3.390		1	0.961	15.377	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.22		1	0.91	14.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.500		0	0.425	6.804	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		33	0.000	0.000	
12:0	g	0.000		33	0.000	0.000	
14:0	g	0.100		33	0.028	0.454	
15.0	g						
16:0	g	0.920		33	0.261	4.173	
17:0	g						
18:0	g	0.480		33	0.136	2.177	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.790	0	0.507	8.119
14:1	g				
16:1	g	0.150	33	0.043	0.680
18:1	g	1.640	33	0.465	7.439
20:1	g	0.000	33	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.210	0	0.060	0.953
18:2	g	0.170	33	0.048	0.771
18:3	g	0.010	33	0.003	0.045
18:4	g				
20:4	g	0.030	33	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	1	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.236	0	0.067	1.070
Threonine	g	0.922	0	0.261	4.182
Isoleucine	g	0.949	0	0.269	4.305
Leucine	g	1.669	0	0.473	7.571
Lysine	g	1.757	0	0.498	7.970
Methionine	g	0.540	0	0.153	2.449
Cystine	g	0.236	0	0.067	1.070
Phenylalanine	g	0.824	0	0.234	3.738
Tyrosine	g	0.709	0	0.201	3.216
Valine	g	1.027	0	0.291	4.658
Arginine	g	1.334	0	0.378	6.051
Histidine	g	0.723	0	0.205	3.280
Alanine	g	1.274	0	0.361	5.779
Aspartic acid	g	1.929	0	0.547	8.750
Glutamic acid	g	3.172	0	0.899	14.388
Glycine	g	1.152	0	0.327	5.225
Proline	g	0.932	0	0.264	4.228
Serine	g	0.807	0	0.229	3.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 17% 6% connective tissue, 11% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.60		0	182.17	54.91	
Energy	kcal	188		0	530	160	
Energy	kj	787		0	2219	669	
Protein (N x 5.95)	g	28.71		0	80.96	24.40	
Total lipid (fat)	g	7.30		0	20.59	6.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.33	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	2.94		0	8.29	2.50	
Magnesium	mg	27		0	76	23	
Phosphorus	mg	242		0	682	206	
Potassium	mg	386		0	1089	328	
Sodium	mg	65		0	183	55	
Zinc	mg	7.07		0	19.94	6.01	
Copper	mg	0.125		0	0.353	0.106	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.282	0.085	
Riboflavin	mg	0.270		0	0.761	0.230	
Niacin	mg	3.740		0	10.547	3.179	
Pantothenic acid	mg	0.470		0	1.325	0.400	
Vitamin B-6	mg	0.400		0	1.128	0.340	
Folate	µg	8		0	23	7	
Vitamin B-12	µg	2.89		0	8.15	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.395	0.119	
Lipids:							
Saturated, total	g	2.550		0	7.191	2.167	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.190		0	0.536	0.161	
15.0	g						
16:0	g	1.530		0	4.315	1.301	
17:0	g						
18:0	g	0.840		0	2.369	0.714	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.900	0	8.178	2.465
14:1	g				
16:1	g	0.240	0	0.677	0.204
18:1	g	2.660	0	7.501	2.261
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.290	0	0.818	0.247
18:2	g	0.230	0	0.649	0.196
18:3	g	0.020	0	0.056	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.113	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	228	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.908	0.274
Threonine	g	1.254	0	3.536	1.066
Isoleucine	g	1.291	0	3.641	1.097
Leucine	g	2.269	0	6.399	1.929
Lysine	g	2.389	0	6.737	2.031
Methionine	g	0.735	0	2.073	0.625
Cystine	g	0.322	0	0.908	0.274
Phenylalanine	g	1.121	0	3.161	0.953
Tyrosine	g	0.965	0	2.721	0.820
Valine	g	1.397	0	3.940	1.187
Arginine	g	1.815	0	5.118	1.543
Histidine	g	0.983	0	2.772	0.836
Alanine	g	1.732	0	4.884	1.472
Aspartic acid	g	2.623	0	7.397	2.230
Glutamic acid	g	4.314	0	12.165	3.667
Glycine	g	1.567	0	4.419	1.332
Proline	g	1.268	0	3.576	1.078
Serine	g	1.098	0	3.096	0.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13203 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 15% Connective tissue 3%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.40		1	20.53	328.41	
Energy	kcal	119		0	34	540	
Energy	kj	498		0	141	2259	
Protein (N x 5.95)	g	21.11		1	5.98	95.75	
Total lipid (fat)	g	3.20		1	0.91	14.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	2.17		1	0.62	9.84	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	210		1	60	953	
Potassium	mg	364		1	103	1651	
Sodium	mg	62		1	18	281	
Zinc	mg	4.86		1	1.38	22.04	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		1	0.034	0.544	
Riboflavin	mg	0.200		1	0.057	0.907	
Niacin	mg	3.390		1	0.961	15.377	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.22		1	0.91	14.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.090		0	0.309	4.944	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		33	0.000	0.000	
12:0	g	0.000		33	0.000	0.000	
14:0	g	0.070		33	0.020	0.318	
15.0	g						
16:0	g	0.670		33	0.190	3.039	
17:0	g						
18:0	g	0.350		33	0.099	1.588	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.300	0	0.369	5.897
14:1	g				
16:1	g	0.110	33	0.031	0.499
18:1	g	1.190	33	0.337	5.398
20:1	g	0.000	33	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.150	0	0.043	0.680
18:2	g	0.120	33	0.034	0.544
18:3	g	0.010	33	0.003	0.045
18:4	g				
20:4	g	0.020	33	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	1	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.236	0	0.067	1.070
Threonine	g	0.922	0	0.261	4.182
Isoleucine	g	0.949	0	0.269	4.305
Leucine	g	1.669	0	0.473	7.571
Lysine	g	1.757	0	0.498	7.970
Methionine	g	0.540	0	0.153	2.449
Cystine	g	0.236	0	0.067	1.070
Phenylalanine	g	0.824	0	0.234	3.738
Tyrosine	g	0.709	0	0.201	3.216
Valine	g	1.027	0	0.291	4.658
Arginine	g	1.334	0	0.378	6.051
Histidine	g	0.723	0	0.205	3.280
Alanine	g	1.274	0	0.361	5.779
Aspartic acid	g	1.929	0	0.547	8.750
Glutamic acid	g	3.172	0	0.899	14.388
Glycine	g	1.152	0	0.327	5.225
Proline	g	0.932	0	0.264	4.228
Serine	g	0.807	0	0.229	3.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 4% 5% connective tissue, 9% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.10		0	190.74	55.33	
Energy	kcal	180		0	527	153	
Energy	kj	753		0	2206	640	
Protein (N x 5.95)	g	28.71		0	84.12	24.40	
Total lipid (fat)	g	6.40		0	18.75	5.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.46	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	15	4	
Iron	mg	2.94		0	8.61	2.50	
Magnesium	mg	27		0	79	23	
Phosphorus	mg	242		0	709	206	
Potassium	mg	386		0	1131	328	
Sodium	mg	65		0	190	55	
Zinc	mg	7.07		0	20.72	6.01	
Copper	mg	0.125		0	0.366	0.106	
Manganese	mg	0.017		0	0.050	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.293	0.085	
Riboflavin	mg	0.270		0	0.791	0.230	
Niacin	mg	3.740		0	10.958	3.179	
Pantothenic acid	mg	0.470		0	1.377	0.400	
Vitamin B-6	mg	0.400		0	1.172	0.340	
Folate	µg	8		0	23	7	
Vitamin B-12	µg	2.89		0	8.47	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.410	0.119	
Lipids:							
Saturated, total	g	2.240		0	6.563	1.904	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.160		0	0.469	0.136	
15.0	g						
16:0	g	1.340		0	3.926	1.139	
17:0	g						
18:0	g	0.730		0	2.139	0.620	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.540	0	7.442	2.159
14:1	g				
16:1	g	0.210	0	0.615	0.179
18:1	g	2.330	0	6.827	1.981
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.762	0.221
18:2	g	0.200	0	0.586	0.170
18:3	g	0.020	0	0.059	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.088	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	237	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.943	0.274
Threonine	g	1.254	0	3.674	1.066
Isoleucine	g	1.291	0	3.783	1.097
Leucine	g	2.269	0	6.648	1.929
Lysine	g	2.389	0	7.000	2.031
Methionine	g	0.735	0	2.154	0.625
Cystine	g	0.322	0	0.943	0.274
Phenylalanine	g	1.121	0	3.285	0.953
Tyrosine	g	0.965	0	2.827	0.820
Valine	g	1.397	0	4.093	1.187
Arginine	g	1.815	0	5.318	1.543
Histidine	g	0.983	0	2.880	0.836
Alanine	g	1.732	0	5.075	1.472
Aspartic acid	g	2.623	0	7.685	2.230
Glutamic acid	g	4.314	0	12.640	3.667
Glycine	g	1.567	0	4.591	1.332
Proline	g	1.268	0	3.715	1.078
Serine	g	1.098	0	3.217	0.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13205 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 17% Connective tissue 5%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.92		1	20.39	326.23	
Energy	kcal	146		0	41	662	
Energy	kj	611		0	173	2771	
Protein (N x 5.95)	g	21.11		1	5.98	95.75	
Total lipid (fat)	g	6.16		1	1.75	27.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	1	18	
Iron	mg	2.17		1	0.62	9.84	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	210		1	60	953	
Potassium	mg	364		1	103	1651	
Sodium	mg	62		1	18	281	
Zinc	mg	4.86		1	1.38	22.04	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		1	0.034	0.544	
Riboflavin	mg	0.200		1	0.057	0.907	
Niacin	mg	3.390		1	0.961	15.377	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.22		1	0.91	14.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.210		0	0.627	10.025	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.140		1	0.040	0.635	
15.0	g						
16:0	g	1.280		1	0.363	5.806	
17:0	g						
18:0	g	0.680		1	0.193	3.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.600	0	0.737	11.794
14:1	g				
16:1	g	0.210	1	0.060	0.953
18:1	g	2.300	1	0.652	10.433
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.320	0	0.091	1.452
18:2	g	0.240	1	0.068	1.089
18:3	g	0.010	1	0.003	0.045
18:4	g	0.000	1	0.000	0.000
20:4	g	0.040	1	0.011	0.181
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	60	1	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.236	0	0.067	1.070
Threonine	g	0.922	0	0.261	4.182
Isoleucine	g	0.949	0	0.269	4.305
Leucine	g	1.669	0	0.473	7.571
Lysine	g	1.757	0	0.498	7.970
Methionine	g	0.540	0	0.153	2.449
Cystine	g	0.236	0	0.067	1.070
Phenylalanine	g	0.824	0	0.234	3.738
Tyrosine	g	0.709	0	0.201	3.216
Valine	g	1.027	0	0.291	4.658
Arginine	g	1.334	0	0.378	6.051
Histidine	g	0.723	0	0.205	3.280
Alanine	g	1.274	0	0.361	5.779
Aspartic acid	g	1.929	0	0.547	8.750
Glutamic acid	g	3.172	0	0.899	14.388
Glycine	g	1.152	0	0.327	5.225
Proline	g	0.932	0	0.264	4.228
Serine	g	0.807	0	0.229	3.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13206 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 16% 4% connective tissue, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.10		0	174.75	51.94	
Energy	kcal	213		0	609	181	
Energy	kj	891		0	2548	757	
Protein (N x 5.95)	g	28.71		0	82.11	24.40	
Total lipid (fat)	g	10.06		0	28.77	8.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	3.37	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	2.94		0	8.41	2.50	
Magnesium	mg	27		0	77	23	
Phosphorus	mg	242		0	692	206	
Potassium	mg	386		0	1104	328	
Sodium	mg	65		0	186	55	
Zinc	mg	7.07		0	20.22	6.01	
Copper	mg	0.125		0	0.358	0.106	
Manganese	mg	0.017		0	0.049	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.286	0.085	
Riboflavin	mg	0.270		0	0.772	0.230	
Niacin	mg	3.740		0	10.696	3.179	
Pantothenic acid	mg	0.470		0	1.344	0.400	
Vitamin B-6	mg	0.400		0	1.144	0.340	
Folate	µg	8		0	23	7	
Vitamin B-12	µg	2.89		0	8.27	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.690		0	10.553	3.136	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.029	0.009	
14:0	g	0.250		0	0.715	0.213	
15.0	g						
16:0	g	2.110		0	6.035	1.793	
17:0	g						
18:0	g	1.150		0	3.289	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.140	0	11.840	3.519
14:1	g				
16:1	g	0.330	0	0.944	0.281
18:1	g	3.660	0	10.468	3.111
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.410	0	1.173	0.349
18:2	g	0.320	0	0.915	0.272
18:3	g	0.030	0	0.086	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.143	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	232	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.322	0	0.921	0.274
Threonine	g	1.254	0	3.586	1.066
Isoleucine	g	1.291	0	3.692	1.097
Leucine	g	2.269	0	6.489	1.929
Lysine	g	2.389	0	6.833	2.031
Methionine	g	0.735	0	2.102	0.625
Cystine	g	0.322	0	0.921	0.274
Phenylalanine	g	1.121	0	3.206	0.953
Tyrosine	g	0.965	0	2.760	0.820
Valine	g	1.397	0	3.995	1.187
Arginine	g	1.815	0	5.191	1.543
Histidine	g	0.983	0	2.811	0.836
Alanine	g	1.732	0	4.954	1.472
Aspartic acid	g	2.623	0	7.502	2.230
Glutamic acid	g	4.314	0	12.338	3.667
Glycine	g	1.567	0	4.482	1.332
Proline	g	1.268	0	3.626	1.078
Serine	g	1.098	0	3.140	0.933
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13207 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.61		0	18.88	302.14	
Energy	kcal	176		0	50	798	
Energy	kj	736		0	209	3338	
Protein (N x 5.95)	g	21.48		0	6.09	97.43	
Total lipid (fat)	g	9.38		0	2.66	42.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.97		0	0.56	8.94	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	205		0	58	930	
Potassium	mg	354		0	100	1606	
Sodium	mg	50		0	14	227	
Zinc	mg	2.70		0	0.77	12.25	
Copper	mg	0.078		0	0.022	0.354	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	4.100		0	1.162	18.598	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.480		0	0.136	2.177	
Folate	µg	8		0	2	36	
Vitamin B-12	µg	2.72		0	0.77	12.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.680		0	1.043	16.692	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.280		0	0.079	1.270	
15.0	g						
16:0	g	2.230		0	0.632	10.115	
17:0	g						
18:0	g	1.120		0	0.318	5.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.960	0	1.123	17.963
14:1	g				
16:1	g	0.450	0	0.128	2.041
18:1	g	3.500	0	0.992	15.876
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.360	0	0.102	1.633
18:2	g	0.240	0	0.068	1.089
18:3	g	0.100	0	0.028	0.454
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	0	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.068	1.093
Threonine	g	0.938	0	0.266	4.255
Isoleucine	g	0.966	0	0.274	4.382
Leucine	g	1.697	0	0.481	7.698
Lysine	g	1.787	0	0.507	8.106
Methionine	g	0.550	0	0.156	2.495
Cystine	g	0.241	0	0.068	1.093
Phenylalanine	g	0.838	0	0.238	3.801
Tyrosine	g	0.722	0	0.205	3.275
Valine	g	1.045	0	0.296	4.740
Arginine	g	1.357	0	0.385	6.155
Histidine	g	0.735	0	0.208	3.334
Alanine	g	1.295	0	0.367	5.874
Aspartic acid	g	1.962	0	0.556	8.900
Glutamic acid	g	3.227	0	0.915	14.638
Glycine	g	1.172	0	0.332	5.316
Proline	g	0.948	0	0.269	4.300
Serine	g	0.821	0	0.233	3.724
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13208 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.87		0	191.92	50.04	
Energy	kcal	216		0	704	184	
Energy	kj	904		0	2947	768	
Protein (N x 5.95)	g	30.17		0	98.35	25.64	
Total lipid (fat)	g	9.62		0	31.36	8.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.27	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.75		0	8.96	2.34	
Magnesium	mg	29		0	95	25	
Phosphorus	mg	234		0	763	199	
Potassium	mg	419		0	1366	356	
Sodium	mg	60		0	196	51	
Zinc	mg	5.27		0	17.18	4.48	
Copper	mg	0.117		0	0.381	0.099	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.359	0.094	
Riboflavin	mg	0.260		0	0.848	0.221	
Niacin	mg	5.710		0	18.615	4.854	
Pantothenic acid	mg	0.460		0	1.500	0.391	
Vitamin B-6	mg	0.530		0	1.728	0.451	
Folate	µg	11		0	36	9	
Vitamin B-12	µg	2.42		0	7.89	2.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.150		0	0.489	0.128	
Lipids:							
Saturated, total	g	3.620		0	11.801	3.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.065	0.017	
12:0	g	0.020		0	0.065	0.017	
14:0	g	0.280		0	0.913	0.238	
15.0	g						
16:0	g	2.230		0	7.270	1.896	
17:0	g						
18:0	g	1.070		0	3.488	0.910	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.960	0	12.910	3.366
14:1	g				
16:1	g	0.370	0	1.206	0.315
18:1	g	3.580	0	11.671	3.043
20:1	g	0.010	0	0.033	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.400	0	1.304	0.340
18:2	g	0.280	0	0.913	0.238
18:3	g	0.090	0	0.293	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.098	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	277	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	1.102	0.287
Threonine	g	1.318	0	4.297	1.120
Isoleucine	g	1.356	0	4.421	1.153
Leucine	g	2.385	0	7.775	2.027
Lysine	g	2.510	0	8.183	2.133
Methionine	g	0.772	0	2.517	0.656
Cystine	g	0.338	0	1.102	0.287
Phenylalanine	g	1.178	0	3.840	1.001
Tyrosine	g	1.014	0	3.306	0.862
Valine	g	1.467	0	4.782	1.247
Arginine	g	1.907	0	6.217	1.621
Histidine	g	1.033	0	3.368	0.878
Alanine	g	1.820	0	5.933	1.547
Aspartic acid	g	2.756	0	8.985	2.343
Glutamic acid	g	4.533	0	14.778	3.853
Glycine	g	1.646	0	5.366	1.399
Proline	g	1.332	0	4.342	1.132
Serine	g	1.154	0	3.762	0.981
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13209 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.52		0	18.86	301.73	
Energy	kcal	181		0	51	821	
Energy	kj	757		0	215	3434	
Protein (N x 5.95)	g	21.48		0	6.09	97.43	
Total lipid (fat)	g	9.93		0	2.82	45.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.97		0	0.56	8.94	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	205		0	58	930	
Potassium	mg	354		0	100	1606	
Sodium	mg	50		0	14	227	
Zinc	mg	2.70		0	0.77	12.25	
Copper	mg	0.078		0	0.022	0.354	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	4.100		0	1.162	18.598	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.480		0	0.136	2.177	
Folate	µg	8		0	2	36	
Vitamin B-12	µg	2.72		0	0.77	12.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.152		0	0.043	0.689	
Lipids:							
Saturated, total	g	3.870		0	1.097	17.554	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.290		0	0.082	1.315	
15.0	g						
16:0	g	2.350		0	0.666	10.660	
17:0	g						
18:0	g	1.180		0	0.335	5.352	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.170	0	1.182	18.915
14:1	g				
16:1	g	0.460	0	0.130	2.087
18:1	g	3.700	0	1.049	16.783
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.390	0	0.111	1.769
18:2	g	0.260	0	0.074	1.179
18:3	g	0.110	0	0.031	0.499
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	0	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.068	1.093
Threonine	g	0.938	0	0.266	4.255
Isoleucine	g	0.966	0	0.274	4.382
Leucine	g	1.697	0	0.481	7.698
Lysine	g	1.787	0	0.507	8.106
Methionine	g	0.550	0	0.156	2.495
Cystine	g	0.241	0	0.068	1.093
Phenylalanine	g	0.838	0	0.238	3.801
Tyrosine	g	0.722	0	0.205	3.275
Valine	g	1.045	0	0.296	4.740
Arginine	g	1.357	0	0.385	6.155
Histidine	g	0.735	0	0.208	3.334
Alanine	g	1.295	0	0.367	5.874
Aspartic acid	g	1.962	0	0.556	8.900
Glutamic acid	g	3.227	0	0.915	14.638
Glycine	g	1.172	0	0.332	5.316
Proline	g	0.948	0	0.269	4.300
Serine	g	0.821	0	0.233	3.724
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13210 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.12		0	189.47	49.40	
Energy	kcal	224		0	730	190	
Energy	kj	937		0	3055	796	
Protein (N x 5.95)	g	30.17		0	98.35	25.64	
Total lipid (fat)	g	10.55		0	34.39	8.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.27	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.75		0	8.96	2.34	
Magnesium	mg	29		0	95	25	
Phosphorus	mg	234		0	763	199	
Potassium	mg	419		0	1366	356	
Sodium	mg	60		0	196	51	
Zinc	mg	5.27		0	17.18	4.48	
Copper	mg	0.117		0	0.381	0.099	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.359	0.094	
Riboflavin	mg	0.260		0	0.848	0.221	
Niacin	mg	5.710		0	18.615	4.854	
Pantothenic acid	mg	0.460		0	1.500	0.391	
Vitamin B-6	mg	0.530		0	1.728	0.451	
Folate	µg	11		0	36	9	
Vitamin B-12	µg	2.42		0	7.89	2.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.940		0	12.844	3.349	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.065	0.017	
12:0	g	0.020		0	0.065	0.017	
14:0	g	0.300		0	0.978	0.255	
15.0	g						
16:0	g	2.430		0	7.922	2.066	
17:0	g						
18:0	g	1.180		0	3.847	1.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.320	0	14.083	3.672
14:1	g				
16:1	g	0.400	0	1.304	0.340
18:1	g	3.910	0	12.747	3.324
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.440	0	1.434	0.374
18:2	g	0.310	0	1.011	0.264
18:3	g	0.090	0	0.293	0.077
18:4	g				
20:4	g	0.040	0	0.130	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	277	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	1.102	0.287
Threonine	g	1.318	0	4.297	1.120
Isoleucine	g	1.356	0	4.421	1.153
Leucine	g	2.385	0	7.775	2.027
Lysine	g	2.510	0	8.183	2.133
Methionine	g	0.772	0	2.517	0.656
Cystine	g	0.338	0	1.102	0.287
Phenylalanine	g	1.178	0	3.840	1.001
Tyrosine	g	1.014	0	3.306	0.862
Valine	g	1.467	0	4.782	1.247
Arginine	g	1.907	0	6.217	1.621
Histidine	g	1.033	0	3.368	0.878
Alanine	g	1.820	0	5.933	1.547
Aspartic acid	g	2.756	0	8.985	2.343
Glutamic acid	g	4.533	0	14.778	3.853
Glycine	g	1.646	0	5.366	1.399
Proline	g	1.332	0	4.342	1.132
Serine	g	1.154	0	3.762	0.981
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.44		0	145.58	43.72	
Energy	kcal	277		0	784	235	
Energy	kj	1159		0	3280	985	
Protein (N x 5.95)	g	32.38		0	91.64	27.52	
Total lipid (fat)	g	15.37		0	43.50	13.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.42		0	4.02	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	17	5	
Iron	mg	2.92		0	8.26	2.48	
Magnesium	mg	32		0	91	27	
Phosphorus	mg	268		0	758	228	
Potassium	mg	470		0	1330	400	
Sodium	mg	68		0	192	58	
Zinc	mg	4.27		0	12.08	3.63	
Copper	mg	0.122		0	0.345	0.104	
Manganese	mg	0.019		0	0.054	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.283	0.085	
Riboflavin	mg	0.260		0	0.736	0.221	
Niacin	mg	5.050		0	14.291	4.293	
Pantothenic acid	mg	0.420		0	1.189	0.357	
Vitamin B-6	mg	0.560		0	1.585	0.476	
Folate	µg	12		0	34	10	
Vitamin B-12	µg	3.23		0	9.14	2.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.509	0.153	
Lipids:							
Saturated, total	g	5.290		0	14.971	4.497	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.085	0.026	
12:0	g	0.030		0	0.085	0.026	
14:0	g	0.380		0	1.075	0.323	
15.0	g						
16:0	g	3.240		0	9.169	2.754	
17:0	g						
18:0	g	1.520		0	4.302	1.292	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.870	0	16.612	4.989
14:1	g				
16:1	g	0.520	0	1.472	0.442
18:1	g	5.280	0	14.942	4.488
20:1	g	0.020	0	0.057	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.750	0	4.952	1.488
18:2	g	1.270	0	3.594	1.080
18:3	g	0.250	0	0.708	0.213
18:4	g	0.000	0	0.000	0.000
20:4	g	0.200	0	0.566	0.170
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	97	0	275	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.363	0	1.027	0.309
Threonine	g	1.415	0	4.004	1.203
Isoleucine	g	1.456	0	4.120	1.238
Leucine	g	2.560	0	7.245	2.176
Lysine	g	2.694	0	7.624	2.290
Methionine	g	0.829	0	2.346	0.705
Cystine	g	0.363	0	1.027	0.309
Phenylalanine	g	1.264	0	3.577	1.074
Tyrosine	g	1.088	0	3.079	0.925
Valine	g	1.575	0	4.457	1.339
Arginine	g	2.047	0	5.793	1.740
Histidine	g	1.109	0	3.138	0.943
Alanine	g	1.953	0	5.527	1.660
Aspartic acid	g	2.959	0	8.374	2.515
Glutamic acid	g	4.865	0	13.768	4.135
Glycine	g	1.767	0	5.001	1.502
Proline	g	1.430	0	4.047	1.216
Serine	g	1.238	0	3.504	1.052
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13212 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.21		0	19.05	304.86	
Energy	kcal	164		0	46	744	
Energy	kj	686		0	194	3112	
Protein (N x 5.95)	g	21.62		0	6.13	98.07	
Total lipid (fat)	g	7.97		0	2.26	36.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	1	18	
Iron	mg	1.98		0	0.56	8.98	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	207		0	59	939	
Potassium	mg	358		0	101	1624	
Sodium	mg	50		0	14	227	
Zinc	mg	2.72		0	0.77	12.34	
Copper	mg	0.078		0	0.022	0.354	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	4.130		0	1.171	18.734	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.480		0	0.136	2.177	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.73		0	0.77	12.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.140		0	0.890	14.243	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.240		0	0.068	1.089	
15.0	g						
16:0	g	1.900		0	0.539	8.618	
17:0	g						
18:0	g	0.960		0	0.272	4.355	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370	0	0.955	15.286
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	2.980	0	0.845	13.517
20:1	g	0.010	0	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.310	0	0.088	1.406
18:2	g	0.200	0	0.057	0.907
18:3	g	0.090	0	0.026	0.408
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	60	0	17	272
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.242	0	0.069	1.098
Threonine	g	0.944	0	0.268	4.282
Isoleucine	g	0.972	0	0.276	4.409
Leucine	g	1.709	0	0.485	7.752
Lysine	g	1.799	0	0.510	8.160
Methionine	g	0.554	0	0.157	2.513
Cystine	g	0.242	0	0.069	1.098
Phenylalanine	g	0.844	0	0.239	3.828
Tyrosine	g	0.726	0	0.206	3.293
Valine	g	1.052	0	0.298	4.772
Arginine	g	1.366	0	0.387	6.196
Histidine	g	0.740	0	0.210	3.357
Alanine	g	1.304	0	0.370	5.915
Aspartic acid	g	1.975	0	0.560	8.959
Glutamic acid	g	3.248	0	0.921	14.733
Glycine	g	1.180	0	0.335	5.352
Proline	g	0.955	0	0.271	4.332
Serine	g	0.827	0	0.234	3.751
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13213 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.98		0	197.33	50.98	
Energy	kcal	206		0	678	175	
Energy	kj	862		0	2836	733	
Protein (N x 5.95)	g	30.17		0	99.26	25.64	
Total lipid (fat)	g	8.51		0	28.00	7.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.31	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	23	6	
Iron	mg	2.75		0	9.05	2.34	
Magnesium	mg	29		0	95	25	
Phosphorus	mg	234		0	770	199	
Potassium	mg	419		0	1379	356	
Sodium	mg	60		0	197	51	
Zinc	mg	5.27		0	17.34	4.48	
Copper	mg	0.117		0	0.385	0.099	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.362	0.094	
Riboflavin	mg	0.260		0	0.855	0.221	
Niacin	mg	5.710		0	18.786	4.854	
Pantothenic acid	mg	0.460		0	1.513	0.391	
Vitamin B-6	mg	0.530		0	1.744	0.451	
Folate	µg	11		0	36	9	
Vitamin B-12	µg	2.42		0	7.96	2.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.240		0	10.660	2.754	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.066	0.017	
12:0	g	0.020		0	0.066	0.017	
14:0	g	0.250		0	0.823	0.213	
15.0	g						
16:0	g	2.000		0	6.580	1.700	
17:0	g						
18:0	g	0.950		0	3.126	0.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.530	0	11.614	3.001
14:1	g				
16:1	g	0.330	0	1.086	0.281
18:1	g	3.180	0	10.462	2.703
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.350	0	1.151	0.298
18:2	g	0.240	0	0.790	0.204
18:3	g	0.090	0	0.296	0.077
18:4	g				
20:4	g	0.020	0	0.066	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	280	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	1.112	0.287
Threonine	g	1.318	0	4.336	1.120
Isoleucine	g	1.356	0	4.461	1.153
Leucine	g	2.385	0	7.847	2.027
Lysine	g	2.510	0	8.258	2.133
Methionine	g	0.772	0	2.540	0.656
Cystine	g	0.338	0	1.112	0.287
Phenylalanine	g	1.178	0	3.876	1.001
Tyrosine	g	1.014	0	3.336	0.862
Valine	g	1.467	0	4.826	1.247
Arginine	g	1.907	0	6.274	1.621
Histidine	g	1.033	0	3.399	0.878
Alanine	g	1.820	0	5.988	1.547
Aspartic acid	g	2.756	0	9.067	2.343
Glutamic acid	g	4.533	0	14.914	3.853
Glycine	g	1.646	0	5.415	1.399
Proline	g	1.332	0	4.382	1.132
Serine	g	1.154	0	3.797	0.981
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13214 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.12		0	19.31	308.99	
Energy	kcal	180		0	51	816	
Energy	kj	753		0	213	3416	
Protein (N x 5.95)	g	22.06		0	6.25	100.06	
Total lipid (fat)	g	9.46		0	2.68	42.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.02		0	0.57	9.16	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	211		0	60	957	
Potassium	mg	367		0	104	1665	
Sodium	mg	51		0	14	231	
Zinc	mg	2.78		0	0.79	12.61	
Copper	mg	0.080		0	0.023	0.363	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.180		0	0.051	0.816	
Niacin	mg	4.220		0	1.196	19.142	
Pantothenic acid	mg	0.350		0	0.099	1.588	
Vitamin B-6	mg	0.490		0	0.139	2.223	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.77		0	0.79	12.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.630		0	1.029	16.466	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.006	0.091	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.250		0	0.071	1.134	
15.0	g						
16:0	g	2.150		0	0.610	9.752	
17:0	g						
18:0	g	1.090		0	0.309	4.944	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.940	0	1.117	17.872
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	3.470	0	0.984	15.740
20:1	g	0.010	0	0.003	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.400	0	0.113	1.814
18:2	g	0.280	0	0.079	1.270
18:3	g	0.060	0	0.017	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.070	1.120
Threonine	g	0.964	0	0.273	4.373
Isoleucine	g	0.992	0	0.281	4.500
Leucine	g	1.744	0	0.494	7.911
Lysine	g	1.835	0	0.520	8.324
Methionine	g	0.565	0	0.160	2.563
Cystine	g	0.247	0	0.070	1.120
Phenylalanine	g	0.861	0	0.244	3.905
Tyrosine	g	0.741	0	0.210	3.361
Valine	g	1.073	0	0.304	4.867
Arginine	g	1.394	0	0.395	6.323
Histidine	g	0.755	0	0.214	3.425
Alanine	g	1.331	0	0.377	6.037
Aspartic acid	g	2.015	0	0.571	9.140
Glutamic acid	g	3.314	0	0.940	15.032
Glycine	g	1.204	0	0.341	5.461
Proline	g	0.974	0	0.276	4.418
Serine	g	0.844	0	0.239	3.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13215 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.10		0	194.44	50.23	
Energy	kcal	229		0	753	195	
Energy	kj	958		0	3152	814	
Protein (N x 5.95)	g	31.06		0	102.19	26.40	
Total lipid (fat)	g	10.71		0	35.24	9.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	4.44	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	2.83		0	9.31	2.41	
Magnesium	mg	30		0	99	26	
Phosphorus	mg	241		0	793	205	
Potassium	mg	432		0	1421	367	
Sodium	mg	60		0	197	51	
Zinc	mg	5.44		0	17.90	4.62	
Copper	mg	0.121		0	0.398	0.103	
Manganese	mg	0.017		0	0.056	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.395	0.102	
Riboflavin	mg	0.260		0	0.855	0.221	
Niacin	mg	5.900		0	19.411	5.015	
Pantothenic acid	mg	0.480		0	1.579	0.408	
Vitamin B-6	mg	0.550		0	1.810	0.468	
Folate	µg	12		0	39	10	
Vitamin B-12	µg	2.45		0	8.06	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.860		0	12.699	3.281	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.033	0.009	
12:0	g	0.010		0	0.033	0.009	
14:0	g	0.260		0	0.855	0.221	
15.0	g						
16:0	g	2.280		0	7.501	1.938	
17:0	g						
18:0	g	1.170		0	3.849	0.995	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.280	0	14.081	3.638
14:1	g				
16:1	g	0.360	0	1.184	0.306
18:1	g	3.800	0	12.502	3.230
20:1	g	0.010	0	0.033	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.490	0	1.612	0.417
18:2	g	0.340	0	1.119	0.289
18:3	g	0.060	0	0.197	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.197	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	276	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.348	0	1.145	0.296
Threonine	g	1.357	0	4.465	1.153
Isoleucine	g	1.396	0	4.593	1.187
Leucine	g	2.455	0	8.077	2.087
Lysine	g	2.584	0	8.501	2.196
Methionine	g	0.795	0	2.616	0.676
Cystine	g	0.348	0	1.145	0.296
Phenylalanine	g	1.212	0	3.987	1.030
Tyrosine	g	1.043	0	3.431	0.887
Valine	g	1.511	0	4.971	1.284
Arginine	g	1.963	0	6.458	1.669
Histidine	g	1.063	0	3.497	0.904
Alanine	g	1.873	0	6.162	1.592
Aspartic acid	g	2.837	0	9.334	2.411
Glutamic acid	g	4.666	0	15.351	3.966
Glycine	g	1.694	0	5.573	1.440
Proline	g	1.371	0	4.511	1.165
Serine	g	1.188	0	3.909	1.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13216 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 10% Connective tissue 2%, separable fat 8%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.20		1	20.19	322.96	
Energy	kcal	127		0	36	576	
Energy	kj	531		0	151	2409	
Protein (N x 5.95)	g	22.79	0.204	37	6.46	103.38	
Total lipid (fat)	g	3.30		1	0.94	14.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.015	28	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.095	83	1	14	
Iron	mg	2.09	0.037	96	0.59	9.48	
Magnesium	mg	25	0.180	95	7	113	
Phosphorus	mg	219	4.454	13	62	993	
Potassium	mg	383	2.748	112	109	1737	
Sodium	mg	52	0.990	109	15	236	
Zinc	mg	2.87	0.062	92	0.81	13.02	
Copper	mg	0.082	0.002	92	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.004	55	0.028	0.454	
Riboflavin	mg	0.190	0.003	50	0.054	0.862	
Niacin	mg	4.360	0.207	28	1.236	19.777	
Pantothenic acid	mg	0.360	0.026	8	0.102	1.633	
Vitamin B-6	mg	0.510	0.027	4	0.145	2.313	
Folate	µg	9	0.716	19	3	41	
Vitamin B-12	µg	2.84	0.290	29	0.81	12.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.130		0	0.320	5.126	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		21	0.000	0.000	
12:0	g	0.000		21	0.000	0.000	
14:0	g	0.070		21	0.020	0.318	
15.0	g						
16:0	g	0.700		21	0.198	3.175	
17:0	g						
18:0	g	0.360		21	0.102	1.633	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.290		0	0.366	5.851
14:1	g					
16:1	g	0.110		21	0.031	0.499
18:1	g	1.180		21	0.335	5.352
20:1	g	0.000		21	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.150		0	0.043	0.680
18:2	g	0.110		21	0.031	0.499
18:3	g	0.010		21	0.003	0.045
18:4	g					
20:4	g	0.020		21	0.006	0.091
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	57	1.101	23	16	259
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.255		0	0.072	1.157
Threonine	g	0.995		0	0.282	4.513
Isoleucine	g	1.025		0	0.291	4.649
Leucine	g	1.801		0	0.511	8.169
Lysine	g	1.896		0	0.538	8.600
Methionine	g	0.583		0	0.165	2.644
Cystine	g	0.255		0	0.072	1.157
Phenylalanine	g	0.890		0	0.252	4.037
Tyrosine	g	0.766		0	0.217	3.475
Valine	g	1.108		0	0.314	5.026
Arginine	g	1.440		0	0.408	6.532
Histidine	g	0.780		0	0.221	3.538
Alanine	g	1.375		0	0.390	6.237
Aspartic acid	g	2.082		0	0.590	9.444
Glutamic acid	g	3.424		0	0.971	15.531
Glycine	g	1.243		0	0.352	5.638
Proline	g	1.006		0	0.285	4.563
Serine	g	0.871		0	0.247	3.951
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13217 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 1% 3% connective tissue, 7% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.00		11	159.34	52.70	
Energy	kcal	180		0	463	153	
Energy	kj	753		0	1935	640	
Protein (N x 5.95)	g	31.69	0.667	18	81.44	26.94	
Total lipid (fat)	g	4.90		1	12.59	4.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38	0.031	18	3.55	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.411	9	15	5	
Iron	mg	2.88	0.147	9	7.40	2.45	
Magnesium	mg	31	0.838	9	80	26	
Phosphorus	mg	246		0	632	209	
Potassium	mg	442	0.000	9	1136	376	
Sodium	mg	61	4.884	9	157	52	
Zinc	mg	5.57	0.315	8	14.31	4.73	
Copper	mg	0.123	0.005	8	0.316	0.105	
Manganese	mg	0.017		0	0.044	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.009	19	0.308	0.102	
Riboflavin	mg	0.270	0.010	17	0.694	0.230	
Niacin	mg	6.040	0.393	15	15.523	5.134	
Pantothenic acid	mg	0.490	0.029	8	1.259	0.417	
Vitamin B-6	mg	0.560	0.024	4	1.439	0.476	
Folate	µg	12	1.379	18	31	10	
Vitamin B-12	µg	2.48	0.426	19	6.37	2.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.360	0.119	
Lipids:							
Saturated, total	g	1.680		0	4.318	1.428	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.110		8	0.283	0.094	
15.0	g						
16:0	g	1.020		8	2.621	0.867	
17:0	g						
18:0	g	0.540		8	1.388	0.459	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.900		0	4.883	1.615
14:1	g					
16:1	g	0.150		8	0.385	0.128
18:1	g	1.750		8	4.497	1.488
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.220		0	0.565	0.187
18:2	g	0.170		8	0.437	0.145
18:3	g	0.020		8	0.051	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		8	0.077	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	84	1.412	8	216	71
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.355		0	0.912	0.302
Threonine	g	1.384		0	3.557	1.176
Isoleucine	g	1.425		0	3.662	1.211
Leucine	g	2.505		0	6.438	2.129
Lysine	g	2.636		0	6.775	2.241
Methionine	g	0.811		0	2.084	0.689
Cystine	g	0.355		0	0.912	0.302
Phenylalanine	g	1.237		0	3.179	1.051
Tyrosine	g	1.065		0	2.737	0.905
Valine	g	1.541		0	3.960	1.310
Arginine	g	2.003		0	5.148	1.703
Histidine	g	1.085		0	2.788	0.922
Alanine	g	1.911		0	4.911	1.624
Aspartic acid	g	2.895		0	7.440	2.461
Glutamic acid	g	4.761		0	12.236	4.047
Glycine	g	1.729		0	4.444	1.470
Proline	g	1.399		0	3.595	1.189
Serine	g	1.212		0	3.115	1.030
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13218 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 11% Connective tissue 2%, separable fat 9%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.10		0	20.16	322.51	
Energy	kcal	132		0	37	599	
Energy	kj	552		0	156	2504	
Protein (N x 5.95)	g	22.79		0	6.46	103.38	
Total lipid (fat)	g	3.90		0	1.11	17.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	14	
Iron	mg	2.09		0	0.59	9.48	
Magnesium	mg	25		0	7	113	
Phosphorus	mg	219		0	62	993	
Potassium	mg	383		0	109	1737	
Sodium	mg	52		0	15	236	
Zinc	mg	2.87		0	0.81	13.02	
Copper	mg	0.082		0	0.023	0.372	
Manganese	mg	0.014		0	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.188		0	0.053	0.853	
Niacin	mg	4.364		0	1.237	19.795	
Pantothenic acid	mg	0.360		0	0.102	1.633	
Vitamin B-6	mg	0.510		0	0.145	2.313	
Folate	µg	9		0	3	41	
Vitamin B-12	µg	2.84		0	0.81	12.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.340		0	0.380	6.078	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090		0	0.026	0.408	
15.0	g						
16:0	g	0.820		0	0.232	3.720	
17:0	g						
18:0	g	0.420		0	0.119	1.905	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.520	0	0.431	6.895
14:1	g				
16:1	g	0.130	0	0.037	0.590
18:1	g	1.400	0	0.397	6.350
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.048	0.771
18:2	g	0.140	0	0.040	0.635
18:3	g	0.010	0	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	0	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.072	1.157
Threonine	g	0.995	0	0.282	4.513
Isoleucine	g	1.025	0	0.291	4.649
Leucine	g	1.801	0	0.511	8.169
Lysine	g	1.896	0	0.538	8.600
Methionine	g	0.583	0	0.165	2.644
Cystine	g	0.255	0	0.072	1.157
Phenylalanine	g	0.890	0	0.252	4.037
Tyrosine	g	0.766	0	0.217	3.475
Valine	g	1.108	0	0.314	5.026
Arginine	g	1.440	0	0.408	6.532
Histidine	g	0.780	0	0.221	3.538
Alanine	g	1.375	0	0.390	6.237
Aspartic acid	g	2.082	0	0.590	9.444
Glutamic acid	g	3.424	0	0.971	15.531
Glycine	g	1.243	0	0.352	5.638
Proline	g	1.006	0	0.285	4.563
Serine	g	0.871	0	0.247	3.951
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13219 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 1% 3% connective tissue, 7% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.20		0	157.28	52.02	
Energy	kcal	189		0	486	161	
Energy	kj	791		0	2033	672	
Protein (N x 5.95)	g	31.69		0	81.44	26.94	
Total lipid (fat)	g	5.90		0	15.16	5.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	3.55	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15	5	
Iron	mg	2.88		0	7.40	2.45	
Magnesium	mg	31		0	80	26	
Phosphorus	mg	246		0	632	209	
Potassium	mg	442		0	1136	376	
Sodium	mg	61		0	157	52	
Zinc	mg	5.57		0	14.31	4.73	
Copper	mg	0.123		0	0.316	0.105	
Manganese	mg	0.017		0	0.044	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.308	0.102	
Riboflavin	mg	0.270		0	0.694	0.230	
Niacin	mg	6.040		0	15.523	5.134	
Pantothenic acid	mg	0.490		0	1.259	0.417	
Vitamin B-6	mg	0.560		0	1.439	0.476	
Folate	µg	12		0	31	10	
Vitamin B-12	µg	2.48		0	6.37	2.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.030		0	5.217	1.725	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.140		0	0.360	0.119	
15.0	g						
16:0	g	1.230		0	3.161	1.045	
17:0	g						
18:0	g	0.660		0	1.696	0.561	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.290	0	5.885	1.947
14:1	g				
16:1	g	0.190	0	0.488	0.161
18:1	g	2.110	0	5.423	1.793
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.260	0	0.668	0.221
18:2	g	0.210	0	0.540	0.179
18:3	g	0.020	0	0.051	0.017
18:4	g				
20:4	g	0.040	0	0.103	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	216	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	0.912	0.302
Threonine	g	1.384	0	3.557	1.176
Isoleucine	g	1.425	0	3.662	1.211
Leucine	g	2.505	0	6.438	2.129
Lysine	g	2.636	0	6.775	2.241
Methionine	g	0.811	0	2.084	0.689
Cystine	g	0.355	0	0.912	0.302
Phenylalanine	g	1.237	0	3.179	1.051
Tyrosine	g	1.065	0	2.737	0.905
Valine	g	1.541	0	3.960	1.310
Arginine	g	2.003	0	5.148	1.703
Histidine	g	1.085	0	2.788	0.922
Alanine	g	1.911	0	4.911	1.624
Aspartic acid	g	2.895	0	7.440	2.461
Glutamic acid	g	4.761	0	12.236	4.047
Glycine	g	1.729	0	4.444	1.470
Proline	g	1.399	0	3.595	1.189
Serine	g	1.212	0	3.115	1.030
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Refuse: 12% 1% connective tissue, 11% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 252g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.50	0.484	4	139.86	47.17	
Energy	kcal	227		0	572	193	
Energy	kj	950		0	2394	808	
Protein (N x 5.95)	g	35.07	0.350	4	88.38	29.81	
Total lipid (fat)	g	8.58	0.210	4	21.62	7.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		1	3.88	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	13	4	
Iron	mg	3.15		1	7.94	2.68	
Magnesium	mg	35		1	88	30	
Phosphorus	mg	292		1	736	248	
Potassium	mg	513		1	1293	436	
Sodium	mg	71		1	179	60	
Zinc	mg	4.62		1	11.64	3.93	
Copper	mg	0.131		1	0.330	0.111	
Manganese	mg	0.020		1	0.050	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		1	0.277	0.094	
Riboflavin	mg	0.280		1	0.706	0.238	
Niacin	mg	5.480		1	13.810	4.658	
Pantothenic acid	mg	0.460		1	1.159	0.391	
Vitamin B-6	mg	0.610		1	1.537	0.518	
Folate	µg	13		1	33	11	
Vitamin B-12	µg	3.43		1	8.64	2.92	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.353	0.119	
Lipids:							
Saturated, total	g	2.420		0	6.098	2.057	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.140		1	0.353	0.119	
15.0	g						
16:0	g	1.450		1	3.654	1.232	
17:0	g						
18:0	g	0.740		1	1.865	0.629	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.830	0	7.132	2.406
14:1	g				
16:1	g	0.190	1	0.479	0.161
18:1	g	2.580	1	6.502	2.193
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.640	0	4.133	1.394
18:2	g	1.230	1	3.100	1.045
18:3	g	0.160	1	0.403	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.230	1	0.580	0.196
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	97	1	244	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.393	0	0.990	0.334
Threonine	g	1.532	0	3.861	1.302
Isoleucine	g	1.577	0	3.974	1.340
Leucine	g	2.772	0	6.985	2.356
Lysine	g	2.918	0	7.353	2.480
Methionine	g	0.898	0	2.263	0.763
Cystine	g	0.393	0	0.990	0.334
Phenylalanine	g	1.369	0	3.450	1.164
Tyrosine	g	1.178	0	2.969	1.001
Valine	g	1.706	0	4.299	1.450
Arginine	g	2.216	0	5.584	1.884
Histidine	g	1.201	0	3.027	1.021
Alanine	g	2.115	0	5.330	1.798
Aspartic acid	g	3.204	0	8.074	2.723
Glutamic acid	g	5.269	0	13.278	4.479
Glycine	g	1.913	0	4.821	1.626
Proline	g	1.549	0	3.903	1.317
Serine	g	1.341	0	3.379	1.140
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13221 Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 10% Connective tissue 2%, separable fat 8%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.30		1	20.21	323.42	
Energy	kcal	120		0	34	544	
Energy	kj	502		0	142	2277	
Protein (N x 5.95)	g	22.79		1	6.46	103.38	
Total lipid (fat)	g	2.50		1	0.71	11.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		1	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	1	14	
Iron	mg	2.09		1	0.59	9.48	
Magnesium	mg	25		1	7	113	
Phosphorus	mg	219		1	62	993	
Potassium	mg	383		1	109	1737	
Sodium	mg	52		1	15	236	
Zinc	mg	2.87		1	0.81	13.02	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.190		1	0.054	0.862	
Niacin	mg	4.360		1	1.236	19.777	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.510		1	0.145	2.313	
Folate	µg	9		1	3	41	
Vitamin B-12	µg	2.84		1	0.81	12.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.860		0	0.244	3.901	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		21	0.000	0.000	
12:0	g	0.000		21	0.000	0.000	
14:0	g	0.060		21	0.017	0.272	
15.0	g						
16:0	g	0.530		21	0.150	2.404	
17:0	g						
18:0	g	0.270		21	0.077	1.225	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.980	0	0.278	4.445
14:1	g				
16:1	g	0.080	21	0.023	0.363
18:1	g	0.890	21	0.252	4.037
20:1	g	0.000	21	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.110	0	0.031	0.499
18:2	g	0.090	21	0.026	0.408
18:3	g	0.010	21	0.003	0.045
18:4	g				
20:4	g	0.020	21	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	1	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.072	1.157
Threonine	g	0.995	0	0.282	4.513
Isoleucine	g	1.025	0	0.291	4.649
Leucine	g	1.801	0	0.511	8.169
Lysine	g	1.896	0	0.538	8.600
Methionine	g	0.583	0	0.165	2.644
Cystine	g	0.255	0	0.072	1.157
Phenylalanine	g	0.890	0	0.252	4.037
Tyrosine	g	0.766	0	0.217	3.475
Valine	g	1.108	0	0.314	5.026
Arginine	g	1.440	0	0.408	6.532
Histidine	g	0.780	0	0.221	3.538
Alanine	g	1.375	0	0.390	6.237
Aspartic acid	g	2.082	0	0.590	9.444
Glutamic acid	g	3.424	0	0.971	15.531
Glycine	g	1.243	0	0.352	5.638
Proline	g	1.006	0	0.285	4.563
Serine	g	0.871	0	0.247	3.951
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13222 Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 9% 2% connective tissue, 7% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 260g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.20		0	164.32	53.72	
Energy	kcal	169		0	439	144	
Energy	kj	707		0	1838	601	
Protein (N x 5.95)	g	31.69		0	82.39	26.94	
Total lipid (fat)	g	3.70		0	9.62	3.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	3.59	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16	5	
Iron	mg	2.88		0	7.49	2.45	
Magnesium	mg	31		0	81	26	
Phosphorus	mg	246		0	640	209	
Potassium	mg	442		0	1149	376	
Sodium	mg	61		0	159	52	
Zinc	mg	5.57		0	14.48	4.73	
Copper	mg	0.123		0	0.320	0.105	
Manganese	mg	0.017		0	0.044	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.312	0.102	
Riboflavin	mg	0.270		0	0.702	0.230	
Niacin	mg	6.040		0	15.704	5.134	
Pantothenic acid	mg	0.490		0	1.274	0.417	
Vitamin B-6	mg	0.560		0	1.456	0.476	
Folate	µg	12		0	31	10	
Vitamin B-12	µg	2.48		0	6.45	2.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.270		0	3.302	1.080	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090		0	0.234	0.077	
15.0	g						
16:0	g	0.770		0	2.002	0.655	
17:0	g						
18:0	g	0.410		0	1.066	0.349	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.440	0	3.744	1.224
14:1	g				
16:1	g	0.120	0	0.312	0.102
18:1	g	1.320	0	3.432	1.122
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.170	0	0.442	0.145
18:2	g	0.130	0	0.338	0.111
18:3	g	0.010	0	0.026	0.009
18:4	g				
20:4	g	0.020	0	0.052	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	218	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	0.923	0.302
Threonine	g	1.384	0	3.598	1.176
Isoleucine	g	1.425	0	3.705	1.211
Leucine	g	2.505	0	6.513	2.129
Lysine	g	2.636	0	6.854	2.241
Methionine	g	0.811	0	2.109	0.689
Cystine	g	0.355	0	0.923	0.302
Phenylalanine	g	1.237	0	3.216	1.051
Tyrosine	g	1.065	0	2.769	0.905
Valine	g	1.541	0	4.007	1.310
Arginine	g	2.003	0	5.208	1.703
Histidine	g	1.085	0	2.821	0.922
Alanine	g	1.911	0	4.969	1.624
Aspartic acid	g	2.895	0	7.527	2.461
Glutamic acid	g	4.761	0	12.379	4.047
Glycine	g	1.729	0	4.495	1.470
Proline	g	1.399	0	3.637	1.189
Serine	g	1.212	0	3.151	1.030
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13223 Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 6% Connective tissue 1%, separable fat 5%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.64		1	20.03	320.42	
Energy	kcal	153		0	43	694	
Energy	kj	640		0	181	2903	
Protein (N x 5.95)	g	22.79		1	6.46	103.38	
Total lipid (fat)	g	6.23		1	1.77	28.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		1	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	1	14	
Iron	mg	2.09		1	0.59	9.48	
Magnesium	mg	25		1	7	113	
Phosphorus	mg	219		1	62	993	
Potassium	mg	383		1	109	1737	
Sodium	mg	52		1	15	236	
Zinc	mg	2.87		1	0.81	13.02	
Copper	mg	0.082		1	0.023	0.372	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.190		1	0.054	0.862	
Niacin	mg	4.360		1	1.236	19.777	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.510		1	0.145	2.313	
Folate	µg	9		1	3	41	
Vitamin B-12	µg	2.84		1	0.81	12.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.270		0	0.644	10.297	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.140		1	0.040	0.635	
15.0	g						
16:0	g	1.330		1	0.377	6.033	
17:0	g						
18:0	g	0.680		1	0.193	3.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.520	0	0.714	11.431
14:1	g				
16:1	g	0.200	1	0.057	0.907
18:1	g	2.230	1	0.632	10.115
20:1	g	0.010	1	0.003	0.045
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.290	0	0.082	1.315
18:2	g	0.220	1	0.062	0.998
18:3	g	0.010	1	0.003	0.045
18:4	g	0.000	1	0.000	0.000
20:4	g	0.050	1	0.014	0.227
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	57	1	16	259
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.072	1.157
Threonine	g	0.995	0	0.282	4.513
Isoleucine	g	1.025	0	0.291	4.649
Leucine	g	1.801	0	0.511	8.169
Lysine	g	1.896	0	0.538	8.600
Methionine	g	0.583	0	0.165	2.644
Cystine	g	0.255	0	0.072	1.157
Phenylalanine	g	0.890	0	0.252	4.037
Tyrosine	g	0.766	0	0.217	3.475
Valine	g	1.108	0	0.314	5.026
Arginine	g	1.440	0	0.408	6.532
Histidine	g	0.780	0	0.221	3.538
Alanine	g	1.375	0	0.390	6.237
Aspartic acid	g	2.082	0	0.590	9.444
Glutamic acid	g	3.424	0	0.971	15.531
Glycine	g	1.243	0	0.352	5.638
Proline	g	1.006	0	0.285	4.563
Serine	g	0.871	0	0.247	3.951
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13224 Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 4% 1% connective tissue, 3% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 319g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.35		0	192.52	51.30	
Energy	kcal	215		0	686	183	
Energy	kj	900		0	2871	765	
Protein (N x 5.95)	g	31.69		0	101.09	26.94	
Total lipid (fat)	g	8.87		0	28.30	7.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	4.40	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	19	5	
Iron	mg	2.88		0	9.19	2.45	
Magnesium	mg	31		0	99	26	
Phosphorus	mg	246		0	785	209	
Potassium	mg	442		0	1410	376	
Sodium	mg	61		0	195	52	
Zinc	mg	5.57		0	17.77	4.73	
Copper	mg	0.123		0	0.392	0.105	
Manganese	mg	0.017		0	0.054	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.383	0.102	
Riboflavin	mg	0.270		0	0.861	0.230	
Niacin	mg	6.040		0	19.268	5.134	
Pantothenic acid	mg	0.490		0	1.563	0.417	
Vitamin B-6	mg	0.560		0	1.786	0.476	
Folate	µg	12		0	38	10	
Vitamin B-12	µg	2.48		0	7.91	2.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100		0	9.889	2.635	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.200		0	0.638	0.170	
15.0	g						
16:0	g	1.800		0	5.742	1.530	
17:0	g						
18:0	g	0.960		0	3.062	0.816	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.470	0	11.069	2.950
14:1	g				
16:1	g	0.270	0	0.861	0.230
18:1	g	3.080	0	9.825	2.618
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.420	0	1.340	0.357
18:2	g	0.300	0	0.957	0.255
18:3	g	0.030	0	0.096	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.191	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	268	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	1.132	0.302
Threonine	g	1.384	0	4.415	1.176
Isoleucine	g	1.425	0	4.546	1.211
Leucine	g	2.505	0	7.991	2.129
Lysine	g	2.636	0	8.409	2.241
Methionine	g	0.811	0	2.587	0.689
Cystine	g	0.355	0	1.132	0.302
Phenylalanine	g	1.237	0	3.946	1.051
Tyrosine	g	1.065	0	3.397	0.905
Valine	g	1.541	0	4.916	1.310
Arginine	g	2.003	0	6.390	1.703
Histidine	g	1.085	0	3.461	0.922
Alanine	g	1.911	0	6.096	1.624
Aspartic acid	g	2.895	0	9.235	2.461
Glutamic acid	g	4.761	0	15.188	4.047
Glycine	g	1.729	0	5.516	1.470
Proline	g	1.399	0	4.463	1.189
Serine	g	1.212	0	3.866	1.030
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13225 Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.28		0	19.36	58.04	
Energy	kcal	177		0	50	150	
Energy	kj	741		0	210	630	
Protein (N x 5.95)	g	20.53		0	5.82	17.45	
Total lipid (fat)	g	9.88		0	2.80	8.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	0.38	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	5	16	
Iron	mg	2.18		0	0.62	1.85	
Magnesium	mg	13		0	4	11	
Phosphorus	mg	192		0	54	163	
Potassium	mg	358		0	101	304	
Sodium	mg	60		0	17	51	
Zinc	mg	6.41		0	1.82	5.45	
Copper	mg	0.068		0	0.019	0.058	
Manganese	mg	0.013		0	0.004	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.085	
Riboflavin	mg	0.200		0	0.057	0.170	
Niacin	mg	5.350		0	1.517	4.547	
Pantothenic acid	mg	0.330		0	0.094	0.281	
Vitamin B-6	mg	0.440		0	0.125	0.374	
Folate	µg	8		0	2	7	
Vitamin B-12	µg	3.16		0	0.90	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.150		0	0.043	0.128	
Lipids:							
Saturated, total	g	3.810		0	1.080	3.239	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.009	0.026	
12:0	g	0.020		0	0.006	0.017	
14:0	g	0.300		0	0.085	0.255	
15.0	g						
16:0	g	2.300		0	0.652	1.955	
17:0	g						
18:0	g	1.130		0	0.320	0.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.380	0	1.242	3.723
14:1	g				
16:1	g	0.490	0	0.139	0.417
18:1	g	3.810	0	1.080	3.239
20:1	g	0.010	0	0.003	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.370	0	0.105	0.315
18:2	g	0.230	0	0.065	0.196
18:3	g	0.110	0	0.031	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	44	0	12	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.065	0.196
Threonine	g	0.897	0	0.254	0.762
Isoleucine	g	0.923	0	0.262	0.785
Leucine	g	1.623	0	0.460	1.380
Lysine	g	1.708	0	0.484	1.452
Methionine	g	0.526	0	0.149	0.447
Cystine	g	0.230	0	0.065	0.196
Phenylalanine	g	0.802	0	0.227	0.682
Tyrosine	g	0.690	0	0.196	0.587
Valine	g	0.999	0	0.283	0.849
Arginine	g	1.298	0	0.368	1.103
Histidine	g	0.703	0	0.199	0.598
Alanine	g	1.238	0	0.351	1.052
Aspartic acid	g	1.876	0	0.532	1.595
Glutamic acid	g	3.085	0	0.875	2.622
Glycine	g	1.120	0	0.318	0.952
Proline	g	0.907	0	0.257	0.771
Serine	g	0.785	0	0.223	0.667
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 13226 Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked, simmered

Refuse: 37% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.06		0	102.94	45.10	
Energy	kcal	263		0	510	224	
Energy	kj	1100		0	2134	935	
Protein (N x 5.95)	g	30.69		0	59.54	26.09	
Total lipid (fat)	g	14.68		0	28.48	12.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.14		0	4.15	1.82	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	58	26	
Iron	mg	3.50		0	6.79	2.98	
Magnesium	mg	27		0	52	23	
Phosphorus	mg	239		0	464	203	
Potassium	mg	404		0	784	343	
Sodium	mg	61		0	118	52	
Zinc	mg	9.31		0	18.06	7.91	
Copper	mg	0.155		0	0.301	0.132	
Manganese	mg	0.018		0	0.035	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.233	0.102	
Riboflavin	mg	0.200		0	0.388	0.170	
Niacin	mg	5.330		0	10.340	4.531	
Pantothenic acid	mg	0.370		0	0.718	0.315	
Vitamin B-6	mg	0.340		0	0.660	0.289	
Folate	µg	9		0	17	8	
Vitamin B-12	µg	3.51		0	6.81	2.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.700		0	11.058	4.845	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.078	0.034	
12:0	g	0.040		0	0.078	0.034	
14:0	g	0.460		0	0.892	0.391	
15.0	g						
16:0	g	3.490		0	6.771	2.967	
17:0	g						
18:0	g	1.550		0	3.007	1.317	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.450	0	12.513	5.482
14:1	g				
16:1	g	0.680	0	1.319	0.578
18:1	g	5.620	0	10.903	4.777
20:1	g	0.030	0	0.058	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.530	0	1.028	0.451
18:2	g	0.360	0	0.698	0.306
18:3	g	0.140	0	0.272	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.058	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	155	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.344	0	0.667	0.292
Threonine	g	1.340	0	2.600	1.139
Isoleucine	g	1.380	0	2.677	1.173
Leucine	g	2.426	0	4.706	2.062
Lysine	g	2.553	0	4.953	2.170
Methionine	g	0.786	0	1.525	0.668
Cystine	g	0.344	0	0.667	0.292
Phenylalanine	g	1.198	0	2.324	1.018
Tyrosine	g	1.031	0	2.000	0.876
Valine	g	1.493	0	2.896	1.269
Arginine	g	1.939	0	3.762	1.648
Histidine	g	1.051	0	2.039	0.893
Alanine	g	1.851	0	3.591	1.573
Aspartic acid	g	2.804	0	5.440	2.383
Glutamic acid	g	4.610	0	8.943	3.919
Glycine	g	1.674	0	3.248	1.423
Proline	g	1.355	0	2.629	1.152
Serine	g	1.173	0	2.276	0.997
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13227 Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 40% Bone 34%, separable fat 6%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.03	0.284	11	20.70	331.26	
Energy	kcal	128		0	36	581	
Energy	kj	536		0	152	2431	
Protein (N x 5.95)	g	21.75	3.162	11	6.17	98.66	
Total lipid (fat)	g	3.85	0.190	11	1.09	17.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44	0.234	7	0.41	6.53	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.806	7	6	91	
Iron	mg	2.32	0.166	7	0.66	10.52	
Magnesium	mg	14	0.415	7	4	64	
Phosphorus	mg	204		1	58	925	
Potassium	mg	387		1	110	1755	
Sodium	mg	63		1	18	286	
Zinc	mg	6.94	0.238	7	1.97	31.48	
Copper	mg	0.071	0.013	7	0.020	0.322	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.004	7	0.028	0.454	
Riboflavin	mg	0.220	0.014	7	0.062	0.998	
Niacin	mg	5.740	0.337	7	1.627	26.037	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.470	0.026	7	0.133	2.132	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.33		1	0.94	15.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.280		0	0.363	5.806	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.090		1	0.026	0.408	
15.0	g						
16:0	g	0.770		1	0.218	3.493	
17:0	g						
18:0	g	0.370		1	0.105	1.678	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.760		0	0.499	7.983
14:1	g					
16:1	g	0.160		1	0.045	0.726
18:1	g	1.520		1	0.431	6.895
20:1	g	0.000		1	0.000	0.000
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	0.150		0	0.043	0.680
18:2	g	0.110		1	0.031	0.499
18:3	g	0.010		1	0.003	0.045
18:4	g	0.000		1	0.000	0.000
20:4	g	0.030		1	0.009	0.136
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	39	1.353	7	11	177
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.244		0	0.069	1.107
Threonine	g	0.950		0	0.269	4.309
Isoleucine	g	0.978		0	0.277	4.436
Leucine	g	1.719		0	0.487	7.797
Lysine	g	1.810		0	0.513	8.210
Methionine	g	0.557		0	0.158	2.527
Cystine	g	0.244		0	0.069	1.107
Phenylalanine	g	0.849		0	0.241	3.851
Tyrosine	g	0.731		0	0.207	3.316
Valine	g	1.058		0	0.300	4.799
Arginine	g	1.375		0	0.390	6.237
Histidine	g	0.745		0	0.211	3.379
Alanine	g	1.312		0	0.372	5.951
Aspartic acid	g	1.987		0	0.563	9.013
Glutamic acid	g	3.268		0	0.926	14.824
Glycine	g	1.187		0	0.337	5.384
Proline	g	0.960		0	0.272	4.355
Serine	g	0.832		0	0.236	3.774
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13228 Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Refuse: 45% 37% bone, 8%separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.21	0.623	11	98.96	49.48	
Energy	kcal	201		0	342	171	
Energy	kj	841		0	1430	715	
Protein (N x 5.95)	g	33.68	4.524	11	57.26	28.63	
Total lipid (fat)	g	6.36	0.820	11	10.81	5.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.39	0.238	7	4.06	2.03	
Sugars, total	g						
Minerals:							
Calcium	mg	32	2.113	7	54	27	
Iron	mg	3.86	0.199	7	6.56	3.28	
Magnesium	mg	30	0.358	7	51	26	
Phosphorus	mg	263	3.228	7	447	224	
Potassium	mg	447	5.798	7	760	380	
Sodium	mg	64		1	109	54	
Zinc	mg	10.49	0.501	7	17.83	8.92	
Copper	mg	0.172	0.014	7	0.292	0.146	
Manganese	mg	0.020		1	0.034	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.002	7	0.238	0.119	
Riboflavin	mg	0.210	0.017	7	0.357	0.179	
Niacin	mg	5.890	0.378	7	10.013	5.006	
Pantothenic acid	mg	0.410		1	0.697	0.349	
Vitamin B-6	mg	0.370	0.017	7	0.629	0.315	
Folate	µg	10		1	17	9	
Vitamin B-12	µg	3.79		1	6.44	3.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.290		0	3.893	1.947	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.010		1	0.017	0.009	
14:0	g	0.180		1	0.306	0.153	
15.0	g						
16:0	g	1.350		1	2.295	1.148	
17:0	g						
18:0	g	0.610		1	1.037	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.860		0	4.862	2.431
14:1	g					
16:1	g	0.310		1	0.527	0.264
18:1	g	2.410		1	4.097	2.049
20:1	g	0.010		1	0.017	0.009
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	0.210		0	0.357	0.179
18:2	g	0.170		1	0.289	0.145
18:3	g	0.010		1	0.017	0.009
18:4	g	0.000		1	0.000	0.000
20:4	g	0.030		1	0.051	0.026
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	78	5.915	7	133	66
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.377		0	0.641	0.320
Threonine	g	1.471		0	2.501	1.250
Isoleucine	g	1.514		0	2.574	1.287
Leucine	g	2.662		0	4.525	2.263
Lysine	g	2.802		0	4.763	2.382
Methionine	g	0.862		0	1.465	0.733
Cystine	g	0.377		0	0.641	0.320
Phenylalanine	g	1.315		0	2.236	1.118
Tyrosine	g	1.132		0	1.924	0.962
Valine	g	1.638		0	2.785	1.392
Arginine	g	2.129		0	3.619	1.810
Histidine	g	1.153		0	1.960	0.980
Alanine	g	2.032		0	3.454	1.727
Aspartic acid	g	3.077		0	5.231	2.615
Glutamic acid	g	5.060		0	8.602	4.301
Glycine	g	1.838		0	3.125	1.562
Proline	g	1.487		0	2.528	1.264
Serine	g	1.288		0	2.190	1.095
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13229 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.21		0	17.07	273.11	
Energy	kcal	258		0	73	1170	
Energy	kj	1079		0	306	4894	
Protein (N x 5.95)	g	17.98		0	5.10	81.56	
Total lipid (fat)	g	20.08		0	5.69	91.08	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	1.94		0	0.55	8.80	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	168		0	48	762	
Potassium	mg	295		0	84	1338	
Sodium	mg	52		0	15	236	
Zinc	mg	3.15		0	0.89	14.29	
Copper	mg	0.077		0	0.022	0.349	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.510		0	0.995	15.921	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.70		0	0.77	12.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.181		0	0.051	0.821	
Lipids:							
Saturated, total	g	8.020		0	2.274	36.379	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.600		0	0.170	2.722	
15.0	g						
16:0	g	4.760		0	1.349	21.591	
17:0	g						
18:0	g	2.380		0	0.675	10.796	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.940	0	2.534	40.552
14:1	g				
16:1	g	0.930	0	0.264	4.218
18:1	g	7.920	0	2.245	35.925
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.740	0	0.210	3.357
18:2	g	0.470	0	0.133	2.132
18:3	g	0.220	0	0.062	0.998
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.912
Threonine	g	0.785	0	0.223	3.561
Isoleucine	g	0.808	0	0.229	3.665
Leucine	g	1.421	0	0.403	6.446
Lysine	g	1.496	0	0.424	6.786
Methionine	g	0.460	0	0.130	2.087
Cystine	g	0.201	0	0.057	0.912
Phenylalanine	g	0.702	0	0.199	3.184
Tyrosine	g	0.604	0	0.171	2.740
Valine	g	0.874	0	0.248	3.964
Arginine	g	1.136	0	0.322	5.153
Histidine	g	0.615	0	0.174	2.790
Alanine	g	1.084	0	0.307	4.917
Aspartic acid	g	1.642	0	0.466	7.448
Glutamic acid	g	2.701	0	0.766	12.252
Glycine	g	0.981	0	0.278	4.450
Proline	g	0.794	0	0.225	3.602
Serine	g	0.687	0	0.195	3.116
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13230 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.12		0	127.30	42.60	
Energy	kcal	327		0	831	278	
Energy	kj	1368		0	3475	1163	
Protein (N x 5.95)	g	22.35		0	56.77	19.00	
Total lipid (fat)	g	25.64		0	65.13	21.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.90	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	7	
Iron	mg	2.62		0	6.65	2.23	
Magnesium	mg	22		0	56	19	
Phosphorus	mg	179		0	455	152	
Potassium	mg	307		0	780	261	
Sodium	mg	62		0	157	53	
Zinc	mg	4.36		0	11.07	3.71	
Copper	mg	0.119		0	0.302	0.101	
Manganese	mg	0.014		0	0.036	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.229	0.077	
Riboflavin	mg	0.210		0	0.533	0.179	
Niacin	mg	3.890		0	9.881	3.307	
Pantothenic acid	mg	0.300		0	0.762	0.255	
Vitamin B-6	mg	0.340		0	0.864	0.289	
Folate	µg	7		0	18	6	
Vitamin B-12	µg	2.11		0	5.36	1.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.217		0	0.551	0.184	
Lipids:							
Saturated, total	g	9.910		0	25.171	8.424	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.178	0.060	
12:0	g	0.060		0	0.152	0.051	
14:0	g	0.740		0	1.880	0.629	
15.0	g						
16:0	g	6.030		0	15.316	5.126	
17:0	g						
18:0	g	2.790		0	7.087	2.372	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.290	0	28.677	9.596
14:1	g				
16:1	g	1.000	0	2.540	0.850
18:1	g	10.180	0	25.857	8.653
20:1	g	0.040	0	0.102	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.920	0	2.337	0.782
18:2	g	0.590	0	1.499	0.501
18:3	g	0.290	0	0.737	0.247
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.051	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	75	0	191	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.635	0.213
Threonine	g	0.976	0	2.479	0.830
Isoleucine	g	1.005	0	2.553	0.854
Leucine	g	1.766	0	4.486	1.501
Lysine	g	1.859	0	4.722	1.580
Methionine	g	0.572	0	1.453	0.486
Cystine	g	0.250	0	0.635	0.213
Phenylalanine	g	0.873	0	2.217	0.742
Tyrosine	g	0.751	0	1.908	0.638
Valine	g	1.087	0	2.761	0.924
Arginine	g	1.412	0	3.586	1.200
Histidine	g	0.765	0	1.943	0.650
Alanine	g	1.348	0	3.424	1.146
Aspartic acid	g	2.042	0	5.187	1.736
Glutamic acid	g	3.358	0	8.529	2.854
Glycine	g	1.219	0	3.096	1.036
Proline	g	0.987	0	2.507	0.839
Serine	g	0.855	0	2.172	0.727
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 35% Bone 20%, separable fat 15%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.59	0.439	12	19.73	315.66	
Energy	kcal	160		0	45	726	
Energy	kj	669		0	190	3035	
Protein (N x 5.95)	g	20.27	0.922	12	5.75	91.94	
Total lipid (fat)	g	8.17	0.479	12	2.32	37.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.049	9	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.259	44	1	23	
Iron	mg	2.22	0.094	63	0.63	10.07	
Magnesium	mg	23	0.375	62	7	104	
Phosphorus	mg	191	3.961	41	54	866	
Potassium	mg	348	5.890	79	99	1579	
Sodium	mg	58	1.326	77	16	263	
Zinc	mg	3.65	0.086	57	1.03	16.56	
Copper	mg	0.087	0.003	53	0.025	0.395	
Manganese	mg	0.014	0.000	2	0.004	0.064	
Selenium	µg	17.8	1.682	19	5.0	80.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	4.000		0	1.134	18.144	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.420		0	0.119	1.905	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.99		0	0.85	13.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	2.990		0	0.848	13.563	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		5	0.051	0.816	
15.0	g						
16:0	g	1.720		5	0.488	7.802	
17:0	g						
18:0	g	0.870		5	0.247	3.946	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.780		0	1.072	17.146
14:1	g					
16:1	g	0.230		5	0.065	1.043
18:1	g	3.450		5	0.978	15.649
20:1	g	0.010		5	0.003	0.045
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.310		0	0.088	1.406
18:2	g	0.240		5	0.068	1.089
18:3	g	0.030		5	0.009	0.136
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		5	0.011	0.181
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	61	2.660	5	17	277
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.227		0	0.064	1.030
Threonine	g	0.885		0	0.251	4.014
Isoleucine	g	0.911		0	0.258	4.132
Leucine	g	1.602		0	0.454	7.267
Lysine	g	1.686		0	0.478	7.648
Methionine	g	0.519		0	0.147	2.354
Cystine	g	0.227		0	0.064	1.030
Phenylalanine	g	0.791		0	0.224	3.588
Tyrosine	g	0.681		0	0.193	3.089
Valine	g	0.986		0	0.280	4.472
Arginine	g	1.281		0	0.363	5.811
Histidine	g	0.694		0	0.197	3.148
Alanine	g	1.222		0	0.346	5.543
Aspartic acid	g	1.851		0	0.525	8.396
Glutamic acid	g	3.045		0	0.863	13.812
Glycine	g	1.106		0	0.314	5.017
Proline	g	0.895		0	0.254	4.060
Serine	g	0.775		0	0.220	3.515
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 4% 27% bone, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 206g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.08	0.556	12	123.76	51.07	
Energy	kcal	215		0	443	183	
Energy	kj	900		0	1854	765	
Protein (N x 5.95)	g	26.04	0.605	12	53.64	22.13	
Total lipid (fat)	g	11.53	0.714	12	23.75	9.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.153	9	2.80	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.514	26	14	6	
Iron	mg	3.11	0.155	26	6.41	2.64	
Magnesium	mg	27	0.706	23	56	23	
Phosphorus	mg	211	7.564	6	435	179	
Potassium	mg	367	14.733	26	756	312	
Sodium	mg	69	3.888	22	142	59	
Zinc	mg	5.29	0.161	20	10.90	4.50	
Copper	mg	0.143	0.011	16	0.295	0.122	
Manganese	mg	0.016	0.001	2	0.033	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.227	0.094	
Riboflavin	mg	0.250		0	0.515	0.213	
Niacin	mg	4.630		0	9.538	3.936	
Pantothenic acid	mg	0.340		0	0.700	0.289	
Vitamin B-6	mg	0.400		0	0.824	0.340	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	2.27		0	4.68	1.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.288	0.119	
Lipids:							
Saturated, total	g	4.040		0	8.322	3.434	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		5	0.021	0.009	
12:0	g	0.010		5	0.021	0.009	
14:0	g	0.230		5	0.474	0.196	
15.0	g						
16:0	g	2.330		5	4.800	1.981	
17:0	g						
18:0	g	1.190		5	2.451	1.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.240		0	10.794	4.454
14:1	g					
16:1	g	0.320		5	0.659	0.272
18:1	g	4.820		5	9.929	4.097
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.370		0	0.762	0.315
18:2	g	0.270		5	0.556	0.230
18:3	g	0.050		5	0.103	0.043
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		5	0.062	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	69	4.328	5	142	59
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.292		0	0.602	0.248
Threonine	g	1.138		0	2.344	0.967
Isoleucine	g	1.171		0	2.412	0.995
Leucine	g	2.058		0	4.239	1.749
Lysine	g	2.167		0	4.464	1.842
Methionine	g	0.667		0	1.374	0.567
Cystine	g	0.292		0	0.602	0.248
Phenylalanine	g	1.017		0	2.095	0.864
Tyrosine	g	0.875		0	1.803	0.744
Valine	g	1.267		0	2.610	1.077
Arginine	g	1.646		0	3.391	1.399
Histidine	g	0.892		0	1.838	0.758
Alanine	g	1.571		0	3.236	1.335
Aspartic acid	g	2.379		0	4.901	2.022
Glutamic acid	g	3.913		0	8.061	3.326
Glycine	g	1.421		0	2.927	1.208
Proline	g	1.150		0	2.369	0.977
Serine	g	0.996		0	2.052	0.847
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13233 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.79		0	17.52	280.28	
Energy	kcal	238		0	67	1080	
Energy	kj	996		0	282	4518	
Protein (N x 5.95)	g	18.77		0	5.32	85.14	
Total lipid (fat)	g	17.45		0	4.95	79.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	27	
Iron	mg	2.09		0	0.59	9.48	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	172		0	49	780	
Potassium	mg	305		0	86	1383	
Sodium	mg	53		0	15	240	
Zinc	mg	3.21		0	0.91	14.56	
Copper	mg	0.078		0	0.022	0.354	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	3.580		0	1.015	16.239	
Pantothenic acid	mg	0.310		0	0.088	1.406	
Vitamin B-6	mg	0.380		0	0.108	1.724	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.75		0	0.78	12.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.170		0	0.048	0.771	
Lipids:							
Saturated, total	g	6.970		0	1.976	31.616	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.510		0	0.145	2.313	
15.0	g						
16:0	g	4.150		0	1.177	18.824	
17:0	g						
18:0	g	2.070		0	0.587	9.390	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.750	0	2.197	35.154
14:1	g				
16:1	g	0.790	0	0.224	3.583
18:1	g	6.880	0	1.950	31.208
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	0.181	2.903
18:2	g	0.410	0	0.116	1.860
18:3	g	0.200	0	0.057	0.907
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	62	0	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.210	0	0.060	0.953
Threonine	g	0.820	0	0.232	3.720
Isoleucine	g	0.844	0	0.239	3.828
Leucine	g	1.484	0	0.421	6.731
Lysine	g	1.562	0	0.443	7.085
Methionine	g	0.481	0	0.136	2.182
Cystine	g	0.210	0	0.060	0.953
Phenylalanine	g	0.733	0	0.208	3.325
Tyrosine	g	0.631	0	0.179	2.862
Valine	g	0.913	0	0.259	4.141
Arginine	g	1.186	0	0.336	5.380
Histidine	g	0.643	0	0.182	2.917
Alanine	g	1.132	0	0.321	5.135
Aspartic acid	g	1.715	0	0.486	7.779
Glutamic acid	g	2.820	0	0.799	12.792
Glycine	g	1.024	0	0.290	4.645
Proline	g	0.829	0	0.235	3.760
Serine	g	0.718	0	0.204	3.257
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13234 Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.02		0	132.13	44.22	
Energy	kcal	309		0	785	263	
Energy	kj	1293		0	3284	1099	
Protein (N x 5.95)	g	23.23		0	59.00	19.75	
Total lipid (fat)	g	23.31		0	59.21	19.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	2.84	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	7	
Iron	mg	2.71		0	6.88	2.30	
Magnesium	mg	23		0	58	20	
Phosphorus	mg	184		0	467	156	
Potassium	mg	321		0	815	273	
Sodium	mg	64		0	163	54	
Zinc	mg	4.45		0	11.30	3.78	
Copper	mg	0.121		0	0.307	0.103	
Manganese	mg	0.014		0	0.036	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.229	0.077	
Riboflavin	mg	0.210		0	0.533	0.179	
Niacin	mg	3.950		0	10.033	3.357	
Pantothenic acid	mg	0.290		0	0.737	0.247	
Vitamin B-6	mg	0.330		0	0.838	0.281	
Folate	µg	7		0	18	6	
Vitamin B-12	µg	2.13		0	5.41	1.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.533	0.179	
Lipids:							
Saturated, total	g	9.080		0	23.063	7.718	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.178	0.060	
12:0	g	0.060		0	0.152	0.051	
14:0	g	0.680		0	1.727	0.578	
15.0	g						
16:0	g	5.520		0	14.021	4.692	
17:0	g						
18:0	g	2.550		0	6.477	2.167	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.230	0	25.984	8.696
14:1	g				
16:1	g	0.910	0	2.311	0.774
18:1	g	9.210	0	23.393	7.829
20:1	g	0.040	0	0.102	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.830	0	2.108	0.706
18:2	g	0.530	0	1.346	0.451
18:3	g	0.260	0	0.660	0.221
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.051	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	67	0	170	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	0.660	0.221
Threonine	g	1.015	0	2.578	0.863
Isoleucine	g	1.044	0	2.652	0.887
Leucine	g	1.836	0	4.663	1.561
Lysine	g	1.933	0	4.910	1.643
Methionine	g	0.595	0	1.511	0.506
Cystine	g	0.260	0	0.660	0.221
Phenylalanine	g	0.907	0	2.304	0.771
Tyrosine	g	0.781	0	1.984	0.664
Valine	g	1.130	0	2.870	0.961
Arginine	g	1.468	0	3.729	1.248
Histidine	g	0.795	0	2.019	0.676
Alanine	g	1.401	0	3.559	1.191
Aspartic acid	g	2.122	0	5.390	1.804
Glutamic acid	g	3.490	0	8.865	2.967
Glycine	g	1.267	0	3.218	1.077
Proline	g	1.026	0	2.606	0.872
Serine	g	0.888	0	2.256	0.755
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 34% Bone 22%, separable fat 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.71	0.728	12	19.76	316.20	
Energy	kcal	154		0	44	699	
Energy	kj	644		0	183	2921	
Protein (N x 5.95)	g	20.78	0.960	12	5.89	94.26	
Total lipid (fat)	g	7.27	0.539	12	2.06	32.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27	0.164	9	0.36	5.76	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.275	44	1	23	
Iron	mg	2.34	0.146	63	0.66	10.61	
Magnesium	mg	23	0.371	62	7	104	
Phosphorus	mg	192	3.873	42	54	871	
Potassium	mg	351	5.348	79	100	1592	
Sodium	mg	58	1.307	77	16	263	
Zinc	mg	3.63	0.082	57	1.03	16.47	
Copper	mg	0.087	0.003	53	0.025	0.395	
Manganese	mg	0.014	0.000	2	0.004	0.064	
Selenium	µg	17.8	1.682	19	5.0	80.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	4.000		0	1.134	18.144	
Pantothenic acid	mg	0.340		0	0.096	1.542	
Vitamin B-6	mg	0.420		0	0.119	1.905	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.99		0	0.85	13.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	2.690		0	0.763	12.202	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.150		5	0.043	0.680	
15.0	g						
16:0	g	1.570		5	0.445	7.122	
17:0	g						
18:0	g	0.790		5	0.224	3.583	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.330		0	0.944	15.105
14:1	g					
16:1	g	0.200		5	0.057	0.907
18:1	g	3.050		5	0.865	13.835
20:1	g	0.010		5	0.003	0.045
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.280		0	0.079	1.270
18:2	g	0.210		5	0.060	0.953
18:3	g	0.030		5	0.009	0.136
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		5	0.009	0.136
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	55	4.521	5	16	249
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.233		0	0.066	1.057
Threonine	g	0.908		0	0.257	4.119
Isoleucine	g	0.934		0	0.265	4.237
Leucine	g	1.643		0	0.466	7.453
Lysine	g	1.729		0	0.490	7.843
Methionine	g	0.532		0	0.151	2.413
Cystine	g	0.233		0	0.066	1.057
Phenylalanine	g	0.811		0	0.230	3.679
Tyrosine	g	0.698		0	0.198	3.166
Valine	g	1.011		0	0.287	4.586
Arginine	g	1.313		0	0.372	5.956
Histidine	g	0.712		0	0.202	3.230
Alanine	g	1.254		0	0.356	5.688
Aspartic acid	g	1.899		0	0.538	8.614
Glutamic acid	g	3.122		0	0.885	14.161
Glycine	g	1.134		0	0.321	5.144
Proline	g	0.918		0	0.260	4.164
Serine	g	0.795		0	0.225	3.606
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 4% 13% bone, 27% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.45	0.427	12	123.51	52.23	
Energy	kcal	205		0	412	174	
Energy	kj	858		0	1725	729	
Protein (N x 5.95)	g	26.78	0.539	12	53.83	22.76	
Total lipid (fat)	g	10.05	0.378	12	20.20	8.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31	0.117	9	2.63	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.608	25	12	5	
Iron	mg	3.17	0.176	25	6.37	2.69	
Magnesium	mg	28	0.589	23	56	24	
Phosphorus	mg	215	5.891	6	432	183	
Potassium	mg	378	11.781	25	760	321	
Sodium	mg	71	3.732	24	143	60	
Zinc	mg	5.31	0.159	20	10.67	4.51	
Copper	mg	0.143	0.011	16	0.287	0.122	
Manganese	mg	0.016	0.001	2	0.032	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.221	0.094	
Riboflavin	mg	0.250		0	0.502	0.213	
Niacin	mg	4.630		0	9.306	3.936	
Pantothenic acid	mg	0.330		0	0.663	0.281	
Vitamin B-6	mg	0.390		0	0.784	0.331	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	2.27		0	4.56	1.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.281	0.119	
Lipids:							
Saturated, total	g	3.600		0	7.236	3.060	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		5	0.020	0.009	
12:0	g	0.010		5	0.020	0.009	
14:0	g	0.210		5	0.422	0.179	
15.0	g						
16:0	g	2.070		5	4.161	1.759	
17:0	g						
18:0	g	1.050		5	2.111	0.893	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.530		0	9.105	3.851
14:1	g					
16:1	g	0.280		5	0.563	0.238
18:1	g	4.160		5	8.362	3.536
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.310		0	0.623	0.264
18:2	g	0.230		5	0.462	0.196
18:3	g	0.030		5	0.060	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		5	0.060	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	59	6.246	5	119	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.300		0	0.603	0.255
Threonine	g	1.170		0	2.352	0.995
Isoleucine	g	1.204		0	2.420	1.023
Leucine	g	2.117		0	4.255	1.799
Lysine	g	2.228		0	4.478	1.894
Methionine	g	0.686		0	1.379	0.583
Cystine	g	0.300		0	0.603	0.255
Phenylalanine	g	1.045		0	2.100	0.888
Tyrosine	g	0.900		0	1.809	0.765
Valine	g	1.302		0	2.617	1.107
Arginine	g	1.692		0	3.401	1.438
Histidine	g	0.917		0	1.843	0.779
Alanine	g	1.615		0	3.246	1.373
Aspartic acid	g	2.446		0	4.916	2.079
Glutamic acid	g	4.023		0	8.086	3.420
Glycine	g	1.461		0	2.937	1.242
Proline	g	1.183		0	2.378	1.006
Serine	g	1.024		0	2.058	0.870
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse
Measure 2: 3 oz

NDB No. 13237 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.83		0	16.11	257.78	
Energy	kcal	283		0	80	1284	
Energy	kj	1184		0	336	5371	
Protein (N x 5.95)	g	17.76		0	5.03	80.56	
Total lipid (fat)	g	23.02		0	6.53	104.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	0.24	3.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.29		0	0.65	10.39	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	177		0	50	803	
Potassium	mg	295		0	84	1338	
Sodium	mg	48		0	14	218	
Zinc	mg	2.97		0	0.84	13.47	
Copper	mg	0.091		0	0.026	0.413	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.200		0	0.057	0.907	
Niacin	mg	2.930		0	0.831	13.290	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.55		0	0.72	11.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.310		0	2.639	42.230	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.720		0	0.204	3.266	
15.0	g						
16:0	g	5.560		0	1.576	25.220	
17:0	g						
18:0	g	2.910		0	0.825	13.200	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.740	0	2.761	44.181
14:1	g				
16:1	g	1.100	0	0.312	4.990
18:1	g	8.620	0	2.444	39.100
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.890	0	0.252	4.037
18:2	g	0.580	0	0.164	2.631
18:3	g	0.280	0	0.079	1.270
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.776	0	0.220	3.520
Isoleucine	g	0.799	0	0.227	3.624
Leucine	g	1.404	0	0.398	6.369
Lysine	g	1.478	0	0.419	6.704
Methionine	g	0.455	0	0.129	2.064
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.694	0	0.197	3.148
Tyrosine	g	0.597	0	0.169	2.708
Valine	g	0.864	0	0.245	3.919
Arginine	g	1.123	0	0.318	5.094
Histidine	g	0.608	0	0.172	2.758
Alanine	g	1.072	0	0.304	4.863
Aspartic acid	g	1.623	0	0.460	7.362
Glutamic acid	g	2.669	0	0.757	12.107
Glycine	g	0.969	0	0.275	4.395
Proline	g	0.784	0	0.222	3.556
Serine	g	0.679	0	0.192	3.080
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13238 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	53.04		0	45.08	62.06	
Energy	kcal	291		0	247	340	
Energy	kj	1218		0	1035	1425	
Protein (N x 5.95)	g	25.26		0	21.47	29.55	
Total lipid (fat)	g	20.26		0	17.22	23.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.99	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	9	
Iron	mg	3.15		0	2.68	3.69	
Magnesium	mg	26		0	22	30	
Phosphorus	mg	210		0	179	246	
Potassium	mg	368		0	313	431	
Sodium	mg	59		0	50	69	
Zinc	mg	4.88		0	4.15	5.71	
Copper	mg	0.156		0	0.133	0.183	
Manganese	mg	0.015		0	0.013	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.129	
Riboflavin	mg	0.260		0	0.221	0.304	
Niacin	mg	3.520		0	2.992	4.118	
Pantothenic acid	mg	0.340		0	0.289	0.398	
Vitamin B-6	mg	0.390		0	0.331	0.456	
Folate	µg	6		0	5	7	
Vitamin B-12	µg	2.41		0	2.05	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.161	0.222	
Lipids:							
Saturated, total	g	7.950		0	6.758	9.301	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.043	0.059	
12:0	g	0.050		0	0.043	0.059	
14:0	g	0.610		0	0.518	0.714	
15.0	g						
16:0	g	4.800		0	4.080	5.616	
17:0	g						
18:0	g	2.430		0	2.066	2.843	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.310	0	7.064	9.723
14:1	g				
16:1	g	0.760	0	0.646	0.889
18:1	g	7.520	0	6.392	8.798
20:1	g	0.030	0	0.026	0.035
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.770	0	0.655	0.901
18:2	g	0.530	0	0.451	0.620
18:3	g	0.200	0	0.170	0.234
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.034	0.047
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	73	101
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.283	0	0.241	0.331
Threonine	g	1.103	0	0.938	1.291
Isoleucine	g	1.136	0	0.966	1.329
Leucine	g	1.996	0	1.697	2.335
Lysine	g	2.101	0	1.786	2.458
Methionine	g	0.647	0	0.550	0.757
Cystine	g	0.283	0	0.241	0.331
Phenylalanine	g	0.986	0	0.838	1.154
Tyrosine	g	0.849	0	0.722	0.993
Valine	g	1.229	0	1.045	1.438
Arginine	g	1.596	0	1.357	1.867
Histidine	g	0.865	0	0.735	1.012
Alanine	g	1.524	0	1.295	1.783
Aspartic acid	g	2.308	0	1.962	2.700
Glutamic acid	g	3.795	0	3.226	4.440
Glycine	g	1.378	0	1.171	1.612
Proline	g	1.115	0	0.948	1.305
Serine	g	0.966	0	0.821	1.130
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 135 g; yields excluding refuse

NDB No. 13239 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.72		0	157.48	40.56	
Energy	kcal	332		0	1096	282	
Energy	kj	1389		0	4584	1181	
Protein (N x 5.95)	g	23.61		0	77.91	20.07	
Total lipid (fat)	g	25.60		0	84.48	21.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.83	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.06		0	10.10	2.60	
Magnesium	mg	22		0	73	19	
Phosphorus	mg	200		0	660	170	
Potassium	mg	326		0	1076	277	
Sodium	mg	56		0	185	48	
Zinc	mg	3.97		0	13.10	3.37	
Copper	mg	0.121		0	0.399	0.103	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.264	0.068	
Riboflavin	mg	0.260		0	0.858	0.221	
Niacin	mg	2.970		0	9.801	2.525	
Pantothenic acid	mg	0.250		0	0.825	0.213	
Vitamin B-6	mg	0.250		0	0.825	0.213	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.45		0	8.09	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.130		0	33.429	8.611	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.231	0.060	
12:0	g	0.060		0	0.198	0.051	
14:0	g	0.780		0	2.574	0.663	
15.0	g						
16:0	g	6.190		0	20.427	5.261	
17:0	g						
18:0	g	3.030		0	9.999	2.575	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.710	0	35.343	9.104
14:1	g				
16:1	g	1.010	0	3.333	0.859
18:1	g	9.660	0	31.878	8.211
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	1.030	0	3.399	0.876
18:2	g	0.700	0	2.310	0.595
18:3	g	0.290	0	0.957	0.247
18:4	g				
20:4	g	0.050	0	0.165	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	284	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.871	0.224
Threonine	g	1.031	0	3.402	0.876
Isoleucine	g	1.062	0	3.505	0.903
Leucine	g	1.866	0	6.158	1.586
Lysine	g	1.965	0	6.485	1.670
Methionine	g	0.605	0	1.997	0.514
Cystine	g	0.264	0	0.871	0.224
Phenylalanine	g	0.922	0	3.043	0.784
Tyrosine	g	0.793	0	2.617	0.674
Valine	g	1.149	0	3.792	0.977
Arginine	g	1.492	0	4.924	1.268
Histidine	g	0.809	0	2.670	0.688
Alanine	g	1.424	0	4.699	1.210
Aspartic acid	g	2.157	0	7.118	1.833
Glutamic acid	g	3.548	0	11.708	3.016
Glycine	g	1.288	0	4.250	1.095
Proline	g	1.043	0	3.442	0.887
Serine	g	0.903	0	2.980	0.768
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13240 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.61		0	16.05	256.78	
Energy	kcal	288		0	82	1306	
Energy	kj	1205		0	342	5466	
Protein (N x 5.95)	g	17.76		0	5.03	80.56	
Total lipid (fat)	g	23.55		0	6.68	106.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	0.24	3.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.29		0	0.65	10.39	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	177		0	50	803	
Potassium	mg	295		0	84	1338	
Sodium	mg	48		0	14	218	
Zinc	mg	2.97		0	0.84	13.47	
Copper	mg	0.091		0	0.026	0.413	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.200		0	0.057	0.907	
Niacin	mg	2.930		0	0.831	13.290	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.55		0	0.72	11.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.510		0	2.696	43.137	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.740		0	0.210	3.357	
15.0	g						
16:0	g	5.660		0	1.605	25.674	
17:0	g						
18:0	g	2.970		0	0.842	13.472	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.890	0	2.804	44.861
14:1	g				
16:1	g	1.110	0	0.315	5.035
18:1	g	8.760	0	2.483	39.735
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.860	0	0.244	3.901
18:2	g	0.550	0	0.156	2.495
18:3	g	0.280	0	0.079	1.270
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.776	0	0.220	3.520
Isoleucine	g	0.799	0	0.227	3.624
Leucine	g	1.404	0	0.398	6.369
Lysine	g	1.478	0	0.419	6.704
Methionine	g	0.455	0	0.129	2.064
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.694	0	0.197	3.148
Tyrosine	g	0.597	0	0.169	2.708
Valine	g	0.864	0	0.245	3.919
Arginine	g	1.123	0	0.318	5.094
Histidine	g	0.608	0	0.172	2.758
Alanine	g	1.072	0	0.304	4.863
Aspartic acid	g	1.623	0	0.460	7.362
Glutamic acid	g	2.669	0	0.757	12.107
Glycine	g	0.969	0	0.275	4.395
Proline	g	0.784	0	0.222	3.556
Serine	g	0.679	0	0.192	3.080
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13241 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	51.89		0	44.11	60.71	
Energy	kcal	304		0	258	356	
Energy	kj	1272		0	1081	1488	
Protein (N x 5.95)	g	25.08		0	21.32	29.34	
Total lipid (fat)	g	21.84		0	18.56	25.55	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	0.98	1.35	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	9	
Iron	mg	3.13		0	2.66	3.66	
Magnesium	mg	26		0	22	30	
Phosphorus	mg	209		0	178	245	
Potassium	mg	365		0	310	427	
Sodium	mg	59		0	50	69	
Zinc	mg	4.84		0	4.11	5.66	
Copper	mg	0.155		0	0.132	0.181	
Manganese	mg	0.015		0	0.013	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.129	
Riboflavin	mg	0.260		0	0.221	0.304	
Niacin	mg	3.500		0	2.975	4.095	
Pantothenic acid	mg	0.340		0	0.289	0.398	
Vitamin B-6	mg	0.390		0	0.331	0.456	
Folate	µg	6		0	5	7	
Vitamin B-12	µg	2.40		0	2.04	2.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.560		0	7.276	10.015	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.051	0.070	
12:0	g	0.050		0	0.043	0.059	
14:0	g	0.660		0	0.561	0.772	
15.0	g						
16:0	g	5.170		0	4.394	6.049	
17:0	g						
18:0	g	2.620		0	2.227	3.065	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.940	0	7.599	10.460
14:1	g				
16:1	g	0.810	0	0.689	0.948
18:1	g	8.100	0	6.885	9.477
20:1	g	0.030	0	0.026	0.035
22.1	g				
Polyunsaturated, total	g	0.830	0	0.706	0.971
18:2	g	0.570	0	0.484	0.667
18:3	g	0.220	0	0.187	0.257
18:4	g				
20:4	g	0.040	0	0.034	0.047
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	101
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.281	0	0.239	0.329
Threonine	g	1.096	0	0.932	1.282
Isoleucine	g	1.128	0	0.959	1.320
Leucine	g	1.982	0	1.685	2.319
Lysine	g	2.087	0	1.774	2.442
Methionine	g	0.642	0	0.546	0.751
Cystine	g	0.281	0	0.239	0.329
Phenylalanine	g	0.979	0	0.832	1.145
Tyrosine	g	0.843	0	0.717	0.986
Valine	g	1.220	0	1.037	1.427
Arginine	g	1.585	0	1.347	1.854
Histidine	g	0.859	0	0.730	1.005
Alanine	g	1.513	0	1.286	1.770
Aspartic acid	g	2.291	0	1.947	2.680
Glutamic acid	g	3.768	0	3.203	4.409
Glycine	g	1.368	0	1.163	1.601
Proline	g	1.108	0	0.942	1.296
Serine	g	0.959	0	0.815	1.122
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13242 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 329g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.35		0	155.78	40.25	
Energy	kcal	339		0	1115	288	
Energy	kj	1418		0	4665	1205	
Protein (N x 5.95)	g	23.61		0	77.68	20.07	
Total lipid (fat)	g	26.38		0	86.79	22.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.82	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.06		0	10.07	2.60	
Magnesium	mg	26		0	86	22	
Phosphorus	mg	232		0	763	197	
Potassium	mg	400		0	1316	340	
Sodium	mg	65		0	214	55	
Zinc	mg	3.97		0	13.06	3.37	
Copper	mg	0.121		0	0.398	0.103	
Manganese	mg	0.016		0	0.053	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150		0	0.494	0.128	
Riboflavin	mg	0.270		0	0.888	0.230	
Niacin	mg	3.830		0	12.601	3.256	
Pantothenic acid	mg	0.390		0	1.283	0.331	
Vitamin B-6	mg	0.470		0	1.546	0.400	
Folate	µg	8		0	26	7	
Vitamin B-12	µg	3.33		0	10.96	2.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.420		0	34.282	8.857	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.263	0.068	
12:0	g	0.070		0	0.230	0.060	
14:0	g	0.820		0	2.698	0.697	
15.0	g						
16:0	g	6.330		0	20.826	5.380	
17:0	g						
18:0	g	3.130		0	10.298	2.661	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.940	0	35.993	9.299
14:1	g				
16:1	g	1.030	0	3.389	0.876
18:1	g	9.860	0	32.439	8.381
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	1.000	0	3.290	0.850
18:2	g	0.670	0	2.204	0.570
18:3	g	0.290	0	0.954	0.247
18:4	g				
20:4	g	0.040	0	0.132	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	283	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.869	0.224
Threonine	g	1.031	0	3.392	0.876
Isoleucine	g	1.062	0	3.494	0.903
Leucine	g	1.866	0	6.139	1.586
Lysine	g	1.965	0	6.465	1.670
Methionine	g	0.605	0	1.990	0.514
Cystine	g	0.264	0	0.869	0.224
Phenylalanine	g	0.922	0	3.033	0.784
Tyrosine	g	0.793	0	2.609	0.674
Valine	g	1.149	0	3.780	0.977
Arginine	g	1.492	0	4.909	1.268
Histidine	g	0.809	0	2.662	0.688
Alanine	g	1.424	0	4.685	1.210
Aspartic acid	g	2.157	0	7.097	1.833
Glutamic acid	g	3.548	0	11.673	3.016
Glycine	g	1.288	0	4.238	1.095
Proline	g	1.043	0	3.431	0.887
Serine	g	0.903	0	2.971	0.768
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13243 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	57.14		0	16.20	259.19	
Energy	kcal	278		0	79	1261	
Energy	kj	1163		0	330	5275	
Protein (N x 5.95)	g	17.76		0	5.03	80.56	
Total lipid (fat)	g	22.41		0	6.35	101.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	0.24	3.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.29		0	0.65	10.39	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	177		0	50	803	
Potassium	mg	295		0	84	1338	
Sodium	mg	48		0	14	218	
Zinc	mg	2.97		0	0.84	13.47	
Copper	mg	0.091		0	0.026	0.413	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.200		0	0.057	0.907	
Niacin	mg	2.930		0	0.831	13.290	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.55		0	0.72	11.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.090		0	2.577	41.232	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.710		0	0.201	3.221	
15.0	g						
16:0	g	5.430		0	1.539	24.630	
17:0	g						
18:0	g	2.830		0	0.802	12.837	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.510	0	2.696	43.137
14:1	g				
16:1	g	1.080	0	0.306	4.899
18:1	g	8.400	0	2.381	38.102
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.860	0	0.244	3.901
18:2	g	0.560	0	0.159	2.540
18:3	g	0.270	0	0.077	1.225
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.776	0	0.220	3.520
Isoleucine	g	0.799	0	0.227	3.624
Leucine	g	1.404	0	0.398	6.369
Lysine	g	1.478	0	0.419	6.704
Methionine	g	0.455	0	0.129	2.064
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.694	0	0.197	3.148
Tyrosine	g	0.597	0	0.169	2.708
Valine	g	0.864	0	0.245	3.919
Arginine	g	1.123	0	0.318	5.094
Histidine	g	0.608	0	0.172	2.758
Alanine	g	1.072	0	0.304	4.863
Aspartic acid	g	1.623	0	0.460	7.362
Glutamic acid	g	2.669	0	0.757	12.107
Glycine	g	0.969	0	0.275	4.395
Proline	g	0.784	0	0.222	3.556
Serine	g	0.679	0	0.192	3.080
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13244 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	54.64		0	46.44	63.93	
Energy	kcal	271		0	230	317	
Energy	kj	1134		0	964	1327	
Protein (N x 5.95)	g	25.61		0	21.77	29.96	
Total lipid (fat)	g	17.94		0	15.25	20.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	1.37	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	9	
Iron	mg	3.20		0	2.72	3.74	
Magnesium	mg	26		0	22	30	
Phosphorus	mg	214		0	182	250	
Potassium	mg	374		0	318	438	
Sodium	mg	60		0	51	70	
Zinc	mg	4.96		0	4.22	5.80	
Copper	mg	0.159		0	0.135	0.186	
Manganese	mg	0.015		0	0.013	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.140	
Riboflavin	mg	0.270		0	0.230	0.316	
Niacin	mg	3.570		0	3.034	4.177	
Pantothenic acid	mg	0.340		0	0.289	0.398	
Vitamin B-6	mg	0.390		0	0.331	0.456	
Folate	µg	6		0	5	7	
Vitamin B-12	µg	2.43		0	2.07	2.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.040		0	5.984	8.237	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.059	
12:0	g	0.050		0	0.043	0.059	
14:0	g	0.540		0	0.459	0.632	
15.0	g						
16:0	g	4.250		0	3.612	4.973	
17:0	g						
18:0	g	2.150		0	1.827	2.515	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.360	0	6.256	8.611
14:1	g				
16:1	g	0.670	0	0.570	0.784
18:1	g	6.660	0	5.661	7.792
20:1	g	0.030	0	0.026	0.035
22.1	g				
Polyunsaturated, total	g	0.680	0	0.578	0.796
18:2	g	0.470	0	0.400	0.550
18:3	g	0.180	0	0.153	0.211
18:4	g				
20:4	g	0.030	0	0.026	0.035
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	73	101
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.244	0.336
Threonine	g	1.119	0	0.951	1.309
Isoleucine	g	1.151	0	0.978	1.347
Leucine	g	2.024	0	1.720	2.368
Lysine	g	2.131	0	1.811	2.493
Methionine	g	0.656	0	0.558	0.768
Cystine	g	0.287	0	0.244	0.336
Phenylalanine	g	1.000	0	0.850	1.170
Tyrosine	g	0.860	0	0.731	1.006
Valine	g	1.246	0	1.059	1.458
Arginine	g	1.619	0	1.376	1.894
Histidine	g	0.877	0	0.745	1.026
Alanine	g	1.545	0	1.313	1.808
Aspartic acid	g	2.340	0	1.989	2.738
Glutamic acid	g	3.848	0	3.271	4.502
Glycine	g	1.397	0	1.187	1.634
Proline	g	1.131	0	0.961	1.323
Serine	g	0.979	0	0.832	1.145
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13245 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 331g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.20		0	159.54	40.97	
Energy	kcal	324		0	1072	275	
Energy	kj	1356		0	4488	1153	
Protein (N x 5.95)	g	23.61		0	78.15	20.07	
Total lipid (fat)	g	24.72		0	81.82	21.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.84	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	3.06		0	10.13	2.60	
Magnesium	mg	22		0	73	19	
Phosphorus	mg	200		0	662	170	
Potassium	mg	326		0	1079	277	
Sodium	mg	56		0	185	48	
Zinc	mg	3.97		0	13.14	3.37	
Copper	mg	0.121		0	0.401	0.103	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.265	0.068	
Riboflavin	mg	0.260		0	0.861	0.221	
Niacin	mg	2.970		0	9.831	2.525	
Pantothenic acid	mg	0.250		0	0.828	0.213	
Vitamin B-6	mg	0.250		0	0.828	0.213	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.45		0	8.11	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.800		0	32.438	8.330	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.232	0.060	
12:0	g	0.060		0	0.199	0.051	
14:0	g	0.760		0	2.516	0.646	
15.0	g						
16:0	g	5.990		0	19.827	5.091	
17:0	g						
18:0	g	2.920		0	9.665	2.482	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.370	0	34.325	8.814
14:1	g				
16:1	g	0.990	0	3.277	0.842
18:1	g	9.340	0	30.915	7.939
20:1	g	0.040	0	0.132	0.034
22.1	g				
Polyunsaturated, total	g	0.990	0	3.277	0.842
18:2	g	0.670	0	2.218	0.570
18:3	g	0.280	0	0.927	0.238
18:4	g				
20:4	g	0.040	0	0.132	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	285	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.874	0.224
Threonine	g	1.031	0	3.413	0.876
Isoleucine	g	1.062	0	3.515	0.903
Leucine	g	1.866	0	6.176	1.586
Lysine	g	1.965	0	6.504	1.670
Methionine	g	0.605	0	2.003	0.514
Cystine	g	0.264	0	0.874	0.224
Phenylalanine	g	0.922	0	3.052	0.784
Tyrosine	g	0.793	0	2.625	0.674
Valine	g	1.149	0	3.803	0.977
Arginine	g	1.492	0	4.939	1.268
Histidine	g	0.809	0	2.678	0.688
Alanine	g	1.424	0	4.713	1.210
Aspartic acid	g	2.157	0	7.140	1.833
Glutamic acid	g	3.548	0	11.744	3.016
Glycine	g	1.288	0	4.263	1.095
Proline	g	1.043	0	3.452	0.887
Serine	g	0.903	0	2.989	0.768
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13246 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	58.54		0	16.60	265.54	
Energy	kcal	284		0	81	1288	
Energy	kj	1188		0	337	5389	
Protein (N x 5.95)	g	17.90		0	5.07	81.19	
Total lipid (fat)	g	23.06		0	6.54	104.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	3.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.31		0	0.65	10.48	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	178		0	50	807	
Potassium	mg	298		0	84	1352	
Sodium	mg	48		0	14	218	
Zinc	mg	3.00		0	0.85	13.61	
Copper	mg	0.092		0	0.026	0.417	
Manganese	mg	0.012		0	0.003	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	2.950		0	0.836	13.381	
Pantothenic acid	mg	0.300		0	0.085	1.361	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	µg	6		0	2	27	
Vitamin B-12	µg	2.57		0	0.73	11.66	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.470		0	2.685	42.956	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.710		0	0.201	3.221	
15.0	g						
16:0	g	5.550		0	1.573	25.175	
17:0	g						
18:0	g	2.920		0	0.828	13.245	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.810	0	2.781	44.498
14:1	g				
16:1	g	1.070	0	0.303	4.854
18:1	g	8.610	0	2.441	39.055
20:1	g	0.030	0	0.009	0.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.910	0	0.258	4.128
18:2	g	0.590	0	0.167	2.676
18:3	g	0.270	0	0.077	1.225
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.011	0.181
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.912
Threonine	g	0.782	0	0.222	3.547
Isoleucine	g	0.805	0	0.228	3.651
Leucine	g	1.415	0	0.401	6.418
Lysine	g	1.490	0	0.422	6.759
Methionine	g	0.458	0	0.130	2.077
Cystine	g	0.201	0	0.057	0.912
Phenylalanine	g	0.699	0	0.198	3.171
Tyrosine	g	0.602	0	0.171	2.731
Valine	g	0.871	0	0.247	3.951
Arginine	g	1.131	0	0.321	5.130
Histidine	g	0.613	0	0.174	2.781
Alanine	g	1.080	0	0.306	4.899
Aspartic acid	g	1.636	0	0.464	7.421
Glutamic acid	g	2.690	0	0.763	12.202
Glycine	g	0.977	0	0.277	4.432
Proline	g	0.791	0	0.224	3.588
Serine	g	0.685	0	0.194	3.107
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13247 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	51.04		0	43.38	61.25	
Energy	kcal	317		0	269	380	
Energy	kj	1326		0	1127	1591	
Protein (N x 5.95)	g	24.91		0	21.17	29.89	
Total lipid (fat)	g	23.37		0	19.86	28.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	0.97	1.37	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	10	
Iron	mg	3.10		0	2.63	3.72	
Magnesium	mg	25		0	21	30	
Phosphorus	mg	207		0	176	248	
Potassium	mg	362		0	308	434	
Sodium	mg	59		0	50	71	
Zinc	mg	4.79		0	4.07	5.75	
Copper	mg	0.154		0	0.131	0.185	
Manganese	mg	0.015		0	0.013	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.132	
Riboflavin	mg	0.260		0	0.221	0.312	
Niacin	mg	3.470		0	2.950	4.164	
Pantothenic acid	mg	0.340		0	0.289	0.408	
Vitamin B-6	mg	0.380		0	0.323	0.456	
Folate	µg	6		0	5	7	
Vitamin B-12	µg	2.39		0	2.03	2.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.330		0	7.930	11.196	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.051	0.072	
12:0	g	0.060		0	0.051	0.072	
14:0	g	0.710		0	0.603	0.852	
15.0	g						
16:0	g	5.520		0	4.692	6.624	
17:0	g						
18:0	g	2.810		0	2.389	3.372	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.680	0	8.228	11.616
14:1	g				
16:1	g	0.860	0	0.731	1.032
18:1	g	8.660	0	7.361	10.392
20:1	g	0.030	0	0.026	0.036
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.900	0	0.765	1.080
18:2	g	0.620	0	0.527	0.744
18:3	g	0.220	0	0.187	0.264
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	73	103
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.237	0.335
Threonine	g	1.088	0	0.925	1.306
Isoleucine	g	1.120	0	0.952	1.344
Leucine	g	1.969	0	1.674	2.363
Lysine	g	2.072	0	1.761	2.486
Methionine	g	0.638	0	0.542	0.766
Cystine	g	0.279	0	0.237	0.335
Phenylalanine	g	0.972	0	0.826	1.166
Tyrosine	g	0.837	0	0.711	1.004
Valine	g	1.211	0	1.029	1.453
Arginine	g	1.574	0	1.338	1.889
Histidine	g	0.853	0	0.725	1.024
Alanine	g	1.502	0	1.277	1.802
Aspartic acid	g	2.275	0	1.934	2.730
Glutamic acid	g	3.742	0	3.181	4.490
Glycine	g	1.359	0	1.155	1.631
Proline	g	1.100	0	0.935	1.320
Serine	g	0.952	0	0.809	1.142
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13248 Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 3% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.45		0	154.69	40.33	
Energy	kcal	353		0	1151	300	
Energy	kj	1477		0	4815	1255	
Protein (N x 5.95)	g	23.67		0	77.16	20.12	
Total lipid (fat)	g	27.88		0	90.89	23.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	3.26	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	29	8	
Iron	mg	3.06		0	9.98	2.60	
Magnesium	mg	22		0	72	19	
Phosphorus	mg	199		0	649	169	
Potassium	mg	330		0	1076	281	
Sodium	mg	55		0	179	47	
Zinc	mg	4.31		0	14.05	3.66	
Copper	mg	0.139		0	0.453	0.118	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.293	0.077	
Riboflavin	mg	0.270		0	0.880	0.230	
Niacin	mg	2.970		0	9.682	2.525	
Pantothenic acid	mg	0.380		0	1.239	0.323	
Vitamin B-6	mg	0.330		0	1.076	0.281	
Folate	µg	7		0	23	6	
Vitamin B-12	µg	2.51		0	8.18	2.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.130		0	36.284	9.461	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.228	0.060	
12:0	g	0.060		0	0.196	0.051	
14:0	g	0.850		0	2.771	0.723	
15.0	g						
16:0	g	6.590		0	21.483	5.601	
17:0	g						
18:0	g	3.340		0	10.888	2.839	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.550	0	37.653	9.818
14:1	g				
16:1	g	1.040	0	3.390	0.884
18:1	g	10.330	0	33.676	8.781
20:1	g	0.040	0	0.130	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	3.488	0.910
18:2	g	0.730	0	2.380	0.620
18:3	g	0.270	0	0.880	0.230
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.163	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	88	0	287	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.864	0.225
Threonine	g	1.034	0	3.371	0.879
Isoleucine	g	1.064	0	3.469	0.904
Leucine	g	1.871	0	6.099	1.590
Lysine	g	1.969	0	6.419	1.674
Methionine	g	0.606	0	1.976	0.515
Cystine	g	0.265	0	0.864	0.225
Phenylalanine	g	0.924	0	3.012	0.785
Tyrosine	g	0.795	0	2.592	0.676
Valine	g	1.151	0	3.752	0.978
Arginine	g	1.496	0	4.877	1.272
Histidine	g	0.810	0	2.641	0.689
Alanine	g	1.428	0	4.655	1.214
Aspartic acid	g	2.163	0	7.051	1.839
Glutamic acid	g	3.556	0	11.593	3.023
Glycine	g	1.291	0	4.209	1.097
Proline	g	1.045	0	3.407	0.888
Serine	g	0.905	0	2.950	0.769
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13249 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 25% Connective tissue 1%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.40		1	19.39	310.26	
Energy	kcal	160		0	45	726	
Energy	kj	669		0	190	3035	
Protein (N x 5.95)	g	20.78	0.225	20	5.89	94.26	
Total lipid (fat)	g	7.90		1	2.24	35.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.020	14	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.663	11	2	27	
Iron	mg	2.77	0.147	18	0.79	12.56	
Magnesium	mg	24	0.565	18	7	109	
Phosphorus	mg	211	6.700	9	60	957	
Potassium	mg	367	3.851	34	104	1665	
Sodium	mg	54	1.639	34	15	245	
Zinc	mg	3.59	0.175	16	1.02	16.28	
Copper	mg	0.109	0.005	15	0.031	0.494	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg	17.8	1.682	19	5.0	80.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.007	18	0.040	0.635	
Riboflavin	mg	0.250	0.010	16	0.071	1.134	
Niacin	mg	3.410	0.209	18	0.967	15.468	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.430		1	0.122	1.950	
Folate	µg	7	1.053	10	2	32	
Vitamin B-12	µg	2.90	0.349	17	0.82	13.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.950		0	0.836	13.381	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		16	0.000	0.000	
12:0	g	0.000		16	0.000	0.000	
14:0	g	0.190		16	0.054	0.862	
15.0	g						
16:0	g	1.720		16	0.488	7.802	
17:0	g						
18:0	g	1.040		16	0.295	4.717	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050		0	0.865	13.835
14:1	g					
16:1	g	0.220		16	0.062	0.998
18:1	g	2.830		16	0.802	12.837
20:1	g	0.000		16	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.360		0	0.102	1.633
18:2	g	0.290		16	0.082	1.315
18:3	g	0.020		16	0.006	0.091
18:4	g					
20:4	g	0.050		16	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	62	2.296	20	18	281
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.233		0	0.066	1.057
Threonine	g	0.908		0	0.257	4.119
Isoleucine	g	0.934		0	0.265	4.237
Leucine	g	1.643		0	0.466	7.453
Lysine	g	1.729		0	0.490	7.843
Methionine	g	0.532		0	0.151	2.413
Cystine	g	0.233		0	0.066	1.057
Phenylalanine	g	0.811		0	0.230	3.679
Tyrosine	g	0.698		0	0.198	3.166
Valine	g	1.011		0	0.287	4.586
Arginine	g	1.313		0	0.372	5.956
Histidine	g	0.712		0	0.202	3.230
Alanine	g	1.254		0	0.356	5.688
Aspartic acid	g	1.899		0	0.538	8.614
Glutamic acid	g	3.122		0	0.885	14.161
Glycine	g	1.134		0	0.321	5.144
Proline	g	0.918		0	0.260	4.164
Serine	g	0.795		0	0.225	3.606
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13250 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 21% 5% connective tissue, 16% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	60.10		1	51.09	58.90	
Energy	kcal	211		0	179	207	
Energy	kj	883		0	751	865	
Protein (N x 5.95)	g	28.25	0.494	10	24.01	27.68	
Total lipid (fat)	g	10.00		1	8.50	9.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.028	10	1.10	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.845	9	6	7	
Iron	mg	3.58	0.241	9	3.04	3.51	
Magnesium	mg	30	0.509	9	26	29	
Phosphorus	mg	238		1	202	233	
Potassium	mg	419	5.553	9	356	411	
Sodium	mg	63	5.260	9	54	62	
Zinc	mg	5.59	0.218	8	4.75	5.48	
Copper	mg	0.179	0.009	8	0.152	0.175	
Manganese	mg	0.017		1	0.014	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.009	10	0.111	0.127	
Riboflavin	mg	0.300	0.011	9	0.255	0.294	
Niacin	mg	3.920	0.181	10	3.332	3.842	
Pantothenic acid	mg	0.380		1	0.323	0.372	
Vitamin B-6	mg	0.440		1	0.374	0.431	
Folate	µg	7	1.671	10	6	7	
Vitamin B-12	µg	2.57	0.385	10	2.18	2.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.119	0.137	
Lipids:							
Saturated, total	g	3.740		0	3.179	3.665	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		7	0.009	0.010	
12:0	g	0.010		7	0.009	0.010	
14:0	g	0.260		7	0.221	0.255	
15.0	g						
16:0	g	2.140		7	1.819	2.097	
17:0	g						
18:0	g	1.310		7	1.114	1.284	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.770		0	3.204	3.695
14:1	g					
16:1	g	0.270		7	0.230	0.265
18:1	g	3.500		7	2.975	3.430
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.380		0	0.323	0.372
18:2	g	0.300		7	0.255	0.294
18:3	g	0.030		7	0.026	0.029
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		7	0.034	0.039
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	84	2.363	7	71	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.316		0	0.269	0.310
Threonine	g	1.234		0	1.049	1.209
Isoleucine	g	1.270		0	1.080	1.245
Leucine	g	2.233		0	1.898	2.188
Lysine	g	2.350		0	1.998	2.303
Methionine	g	0.723		0	0.615	0.709
Cystine	g	0.316		0	0.269	0.310
Phenylalanine	g	1.103		0	0.938	1.081
Tyrosine	g	0.949		0	0.807	0.930
Valine	g	1.374		0	1.168	1.347
Arginine	g	1.785		0	1.517	1.749
Histidine	g	0.967		0	0.822	0.948
Alanine	g	1.704		0	1.448	1.670
Aspartic acid	g	2.581		0	2.194	2.529
Glutamic acid	g	4.244		0	3.607	4.159
Glycine	g	1.541		0	1.310	1.510
Proline	g	1.248		0	1.061	1.223
Serine	g	1.080		0	0.918	1.058
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13251 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 26% 2% connective tissue, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.92		0	142.87	48.38	
Energy	kcal	222		0	557	189	
Energy	kj	929		0	2332	790	
Protein (N x 5.95)	g	27.71		0	69.55	23.55	
Total lipid (fat)	g	11.48		0	28.81	9.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.49	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	18	6	
Iron	mg	3.69		0	9.26	3.14	
Magnesium	mg	27		0	68	23	
Phosphorus	mg	239		0	600	203	
Potassium	mg	391		0	981	332	
Sodium	mg	61		0	153	52	
Zinc	mg	4.79		0	12.02	4.07	
Copper	mg	0.145		0	0.364	0.123	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.251	0.085	
Riboflavin	mg	0.310		0	0.778	0.264	
Niacin	mg	3.410		0	8.559	2.899	
Pantothenic acid	mg	0.280		0	0.703	0.238	
Vitamin B-6	mg	0.290		0	0.728	0.247	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	2.71		0	6.80	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.330		0	10.868	3.681	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.290		0	0.728	0.247	
15.0	g						
16:0	g	2.530		0	6.350	2.150	
17:0	g						
18:0	g	1.510		0	3.790	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.480	0	11.245	3.808
14:1	g				
16:1	g	0.340	0	0.853	0.289
18:1	g	4.140	0	10.391	3.519
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.520	0	1.305	0.442
18:2	g	0.410	0	1.029	0.349
18:3	g	0.050	0	0.126	0.043
18:4	g				
20:4	g	0.060	0	0.151	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	208	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.778	0.264
Threonine	g	1.210	0	3.037	1.028
Isoleucine	g	1.246	0	3.127	1.059
Leucine	g	2.190	0	5.497	1.862
Lysine	g	2.305	0	5.786	1.959
Methionine	g	0.709	0	1.780	0.603
Cystine	g	0.310	0	0.778	0.264
Phenylalanine	g	1.082	0	2.716	0.920
Tyrosine	g	0.931	0	2.337	0.791
Valine	g	1.348	0	3.383	1.146
Arginine	g	1.751	0	4.395	1.488
Histidine	g	0.949	0	2.382	0.807
Alanine	g	1.671	0	4.194	1.420
Aspartic acid	g	2.531	0	6.353	2.151
Glutamic acid	g	4.163	0	10.449	3.539
Glycine	g	1.512	0	3.795	1.285
Proline	g	1.224	0	3.072	1.040
Serine	g	1.060	0	2.661	0.901
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13252 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 26% Connective tissue 2%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.10		1	19.31	308.90	
Energy	kcal	166		0	47	753	
Energy	kj	695		0	197	3153	
Protein (N x 5.95)	g	20.78		1	5.89	94.26	
Total lipid (fat)	g	8.60		1	2.44	39.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	27	
Iron	mg	2.77		1	0.79	12.56	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	211		1	60	957	
Potassium	mg	367		1	104	1665	
Sodium	mg	54		1	15	245	
Zinc	mg	3.59		1	1.02	16.28	
Copper	mg	0.109		1	0.031	0.494	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		1	0.040	0.635	
Riboflavin	mg	0.250		1	0.071	1.134	
Niacin	mg	3.410		1	0.967	15.468	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.430		1	0.122	1.950	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	2.90		1	0.82	13.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.220		0	0.913	14.606	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		7	0.003	0.045	
12:0	g	0.010		7	0.003	0.045	
14:0	g	0.220		7	0.062	0.998	
15.0	g						
16:0	g	1.840		7	0.522	8.346	
17:0	g						
18:0	g	1.130		7	0.320	5.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.240	0	0.919	14.697
14:1	g				
16:1	g	0.230	7	0.065	1.043
18:1	g	3.010	7	0.853	13.653
20:1	g	0.000	7	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.320	0	0.091	1.452
18:2	g	0.260	7	0.074	1.179
18:3	g	0.030	7	0.009	0.136
18:4	g				
20:4	g	0.040	7	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	1	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.066	1.057
Threonine	g	0.908	0	0.257	4.119
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.643	0	0.466	7.453
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.532	0	0.151	2.413
Cystine	g	0.233	0	0.066	1.057
Phenylalanine	g	0.811	0	0.230	3.679
Tyrosine	g	0.698	0	0.198	3.166
Valine	g	1.011	0	0.287	4.586
Arginine	g	1.313	0	0.372	5.956
Histidine	g	0.712	0	0.202	3.230
Alanine	g	1.254	0	0.356	5.688
Aspartic acid	g	1.899	0	0.538	8.614
Glutamic acid	g	3.122	0	0.885	14.161
Glycine	g	1.134	0	0.321	5.144
Proline	g	0.918	0	0.260	4.164
Serine	g	0.795	0	0.225	3.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13253 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 22% 5% connective tissue, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	59.20		0	50.32	58.61	
Energy	kcal	222		0	189	220	
Energy	kj	929		0	790	920	
Protein (N x 5.95)	g	28.25		0	24.01	27.97	
Total lipid (fat)	g	11.20		0	9.52	11.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	7	
Iron	mg	3.58		0	3.04	3.54	
Magnesium	mg	30		0	26	30	
Phosphorus	mg	238		0	202	236	
Potassium	mg	419		0	356	415	
Sodium	mg	63		0	54	62	
Zinc	mg	5.59		0	4.75	5.53	
Copper	mg	0.179		0	0.152	0.177	
Manganese	mg	0.017		0	0.014	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.129	
Riboflavin	mg	0.300		0	0.255	0.297	
Niacin	mg	3.920		0	3.332	3.881	
Pantothenic acid	mg	0.380		0	0.323	0.376	
Vitamin B-6	mg	0.440		0	0.374	0.436	
Folate	µg	7		0	6	7	
Vitamin B-12	µg	2.57		0	2.18	2.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.190		0	3.562	4.148	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.010	
12:0	g	0.010		0	0.009	0.010	
14:0	g	0.290		0	0.247	0.287	
15.0	g						
16:0	g	2.400		0	2.040	2.376	
17:0	g						
18:0	g	1.470		0	1.250	1.455	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.220	0	3.587	4.178
14:1	g				
16:1	g	0.300	0	0.255	0.297
18:1	g	3.920	0	3.332	3.881
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.420	0	0.357	0.416
18:2	g	0.340	0	0.289	0.337
18:3	g	0.040	0	0.034	0.040
18:4	g				
20:4	g	0.050	0	0.043	0.050
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	71	83
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.269	0.313
Threonine	g	1.234	0	1.049	1.222
Isoleucine	g	1.270	0	1.080	1.257
Leucine	g	2.233	0	1.898	2.211
Lysine	g	2.350	0	1.998	2.327
Methionine	g	0.723	0	0.615	0.716
Cystine	g	0.316	0	0.269	0.313
Phenylalanine	g	1.103	0	0.938	1.092
Tyrosine	g	0.949	0	0.807	0.940
Valine	g	1.374	0	1.168	1.360
Arginine	g	1.785	0	1.517	1.767
Histidine	g	0.967	0	0.822	0.957
Alanine	g	1.704	0	1.448	1.687
Aspartic acid	g	2.581	0	2.194	2.555
Glutamic acid	g	4.244	0	3.607	4.202
Glycine	g	1.541	0	1.310	1.526
Proline	g	1.248	0	1.061	1.236
Serine	g	1.080	0	0.918	1.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13254 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 26% 2% connective tissue, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.43		0	141.07	47.97	
Energy	kcal	231		0	578	196	
Energy	kj	967		0	2418	822	
Protein (N x 5.95)	g	27.71		0	69.28	23.55	
Total lipid (fat)	g	12.50		0	31.25	10.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.48	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	7	
Iron	mg	3.69		0	9.22	3.14	
Magnesium	mg	32		0	80	27	
Phosphorus	mg	281		0	703	239	
Potassium	mg	489		0	1223	416	
Sodium	mg	72		0	180	61	
Zinc	mg	4.79		0	11.97	4.07	
Copper	mg	0.145		0	0.363	0.123	
Manganese	mg	0.019		0	0.048	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.180		0	0.450	0.153	
Riboflavin	mg	0.330		0	0.825	0.281	
Niacin	mg	4.550		0	11.375	3.868	
Pantothenic acid	mg	0.470		0	1.175	0.400	
Vitamin B-6	mg	0.570		0	1.425	0.484	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	3.87		0	9.68	3.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.720		0	11.800	4.012	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.050	0.017	
12:0	g	0.020		0	0.050	0.017	
14:0	g	0.330		0	0.825	0.281	
15.0	g						
16:0	g	2.720		0	6.800	2.312	
17:0	g						
18:0	g	1.640		0	4.100	1.394	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.770	0	11.925	4.054
14:1	g				
16:1	g	0.370	0	0.925	0.315
18:1	g	4.410	0	11.025	3.749
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.470	0	1.175	0.400
18:2	g	0.370	0	0.925	0.315
18:3	g	0.050	0	0.125	0.043
18:4	g				
20:4	g	0.050	0	0.125	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	208	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.775	0.264
Threonine	g	1.210	0	3.025	1.028
Isoleucine	g	1.246	0	3.115	1.059
Leucine	g	2.190	0	5.475	1.862
Lysine	g	2.305	0	5.763	1.959
Methionine	g	0.709	0	1.773	0.603
Cystine	g	0.310	0	0.775	0.264
Phenylalanine	g	1.082	0	2.705	0.920
Tyrosine	g	0.931	0	2.328	0.791
Valine	g	1.348	0	3.370	1.146
Arginine	g	1.751	0	4.378	1.488
Histidine	g	0.949	0	2.373	0.807
Alanine	g	1.671	0	4.178	1.420
Aspartic acid	g	2.531	0	6.327	2.151
Glutamic acid	g	4.163	0	10.408	3.539
Glycine	g	1.512	0	3.780	1.285
Proline	g	1.224	0	3.060	1.040
Serine	g	1.060	0	2.650	0.901
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13255 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 25% Connective tissue 1%, separable fat 24%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.80		1	19.50	312.08	
Energy	kcal	153		0	43	694	
Energy	kj	640		0	181	2903	
Protein (N x 5.95)	g	20.78		1	5.89	94.26	
Total lipid (fat)	g	7.10		1	2.01	32.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	27	
Iron	mg	2.77		1	0.79	12.56	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	211		1	60	957	
Potassium	mg	367		1	104	1665	
Sodium	mg	54		1	15	245	
Zinc	mg	3.59		1	1.02	16.28	
Copper	mg	0.109		1	0.031	0.494	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		1	0.040	0.635	
Riboflavin	mg	0.250		1	0.071	1.134	
Niacin	mg	3.410		1	0.967	15.468	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.430		1	0.122	1.950	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	2.90		1	0.82	13.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.650		0	0.751	12.020	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		16	0.000	0.000	
12:0	g	0.000		16	0.000	0.000	
14:0	g	0.170		16	0.048	0.771	
15.0	g						
16:0	g	1.540		16	0.437	6.985	
17:0	g						
18:0	g	0.940		16	0.266	4.264	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.740	0	0.777	12.429
14:1	g				
16:1	g	0.200	16	0.057	0.907
18:1	g	2.550	16	0.723	11.567
20:1	g	0.000	16	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.094	1.497
18:2	g	0.260	16	0.074	1.179
18:3	g	0.020	16	0.006	0.091
18:4	g				
20:4	g	0.040	16	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	1	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.066	1.057
Threonine	g	0.908	0	0.257	4.119
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.643	0	0.466	7.453
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.532	0	0.151	2.413
Cystine	g	0.233	0	0.066	1.057
Phenylalanine	g	0.811	0	0.230	3.679
Tyrosine	g	0.698	0	0.198	3.166
Valine	g	1.011	0	0.287	4.586
Arginine	g	1.313	0	0.372	5.956
Histidine	g	0.712	0	0.202	3.230
Alanine	g	1.254	0	0.356	5.688
Aspartic acid	g	1.899	0	0.538	8.614
Glutamic acid	g	3.122	0	0.885	14.161
Glycine	g	1.134	0	0.321	5.144
Proline	g	0.918	0	0.260	4.164
Serine	g	0.795	0	0.225	3.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13256 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 2% 5% connective tissue, 15% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.00		0	60.39	51.85	
Energy	kcal	199		0	197	169	
Energy	kj	833		0	825	708	
Protein (N x 5.95)	g	28.25		0	27.97	24.01	
Total lipid (fat)	g	8.70		0	8.61	7.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.29	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	7	6	
Iron	mg	3.58		0	3.54	3.04	
Magnesium	mg	30		0	30	26	
Phosphorus	mg	238		0	236	202	
Potassium	mg	419		0	415	356	
Sodium	mg	63		0	62	54	
Zinc	mg	5.59		0	5.53	4.75	
Copper	mg	0.179		0	0.177	0.152	
Manganese	mg	0.017		0	0.017	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.129	0.111	
Riboflavin	mg	0.300		0	0.297	0.255	
Niacin	mg	3.920		0	3.881	3.332	
Pantothenic acid	mg	0.380		0	0.376	0.323	
Vitamin B-6	mg	0.440		0	0.436	0.374	
Folate	µg	7		0	7	6	
Vitamin B-12	µg	2.57		0	2.54	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.250		0	3.217	2.763	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.010	0.009	
12:0	g	0.010		0	0.010	0.009	
14:0	g	0.220		0	0.218	0.187	
15.0	g						
16:0	g	1.870		0	1.851	1.590	
17:0	g						
18:0	g	1.140		0	1.129	0.969	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.280	0	3.247	2.788
14:1	g				
16:1	g	0.230	0	0.228	0.196
18:1	g	3.050	0	3.019	2.592
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.327	0.281
18:2	g	0.260	0	0.257	0.221
18:3	g	0.030	0	0.030	0.026
18:4	g				
20:4	g	0.040	0	0.040	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	83	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.313	0.269
Threonine	g	1.234	0	1.222	1.049
Isoleucine	g	1.270	0	1.257	1.080
Leucine	g	2.233	0	2.211	1.898
Lysine	g	2.350	0	2.327	1.998
Methionine	g	0.723	0	0.716	0.615
Cystine	g	0.316	0	0.313	0.269
Phenylalanine	g	1.103	0	1.092	0.938
Tyrosine	g	0.949	0	0.940	0.807
Valine	g	1.374	0	1.360	1.168
Arginine	g	1.785	0	1.767	1.517
Histidine	g	0.967	0	0.957	0.822
Alanine	g	1.704	0	1.687	1.448
Aspartic acid	g	2.581	0	2.555	2.194
Glutamic acid	g	4.244	0	4.202	3.607
Glycine	g	1.541	0	1.526	1.310
Proline	g	1.248	0	1.236	1.061
Serine	g	1.080	0	1.069	0.918
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 raw steak yields

Measure 2: 3 oz

NDB No. 13257 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Refuse: 26% 2% connective tissue, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.55		0	144.45	48.92	
Energy	kcal	211		0	530	179	
Energy	kj	883		0	2216	751	
Protein (N x 5.95)	g	27.71		0	69.55	23.55	
Total lipid (fat)	g	10.32		0	25.90	8.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.49	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	18	6	
Iron	mg	3.69		0	9.26	3.14	
Magnesium	mg	27		0	68	23	
Phosphorus	mg	239		0	600	203	
Potassium	mg	391		0	981	332	
Sodium	mg	61		0	153	52	
Zinc	mg	4.79		0	12.02	4.07	
Copper	mg	0.145		0	0.364	0.123	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.251	0.085	
Riboflavin	mg	0.310		0	0.778	0.264	
Niacin	mg	3.410		0	8.559	2.899	
Pantothenic acid	mg	0.280		0	0.703	0.238	
Vitamin B-6	mg	0.290		0	0.728	0.247	
Folate	µg	9		0	23	8	
Vitamin B-12	µg	2.71		0	6.80	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.890		0	9.764	3.307	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.260		0	0.653	0.221	
15.0	g						
16:0	g	2.270		0	5.698	1.930	
17:0	g						
18:0	g	1.350		0	3.389	1.148	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.030	0	10.115	3.426
14:1	g				
16:1	g	0.310	0	0.778	0.264
18:1	g	3.720	0	9.337	3.162
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.470	0	1.180	0.400
18:2	g	0.370	0	0.929	0.315
18:3	g	0.040	0	0.100	0.034
18:4	g				
20:4	g	0.060	0	0.151	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	208	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.778	0.264
Threonine	g	1.210	0	3.037	1.028
Isoleucine	g	1.246	0	3.127	1.059
Leucine	g	2.190	0	5.497	1.862
Lysine	g	2.305	0	5.786	1.959
Methionine	g	0.709	0	1.780	0.603
Cystine	g	0.310	0	0.778	0.264
Phenylalanine	g	1.082	0	2.716	0.920
Tyrosine	g	0.931	0	2.337	0.791
Valine	g	1.348	0	3.383	1.146
Arginine	g	1.751	0	4.395	1.488
Histidine	g	0.949	0	2.382	0.807
Alanine	g	1.671	0	4.194	1.420
Aspartic acid	g	2.531	0	6.353	2.151
Glutamic acid	g	4.163	0	10.449	3.539
Glycine	g	1.512	0	3.795	1.285
Proline	g	1.224	0	3.072	1.040
Serine	g	1.060	0	2.661	0.901
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13258 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 25% Connective tissue 3%, separable fat 22%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.92		1	19.82	317.16	
Energy	kcal	169		0	48	767	
Energy	kj	707		0	200	3207	
Protein (N x 5.95)	g	20.78		1	5.89	94.26	
Total lipid (fat)	g	8.85		1	2.51	40.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		1	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	27	
Iron	mg	2.77		1	0.79	12.56	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	211		1	60	957	
Potassium	mg	367		1	104	1665	
Sodium	mg	54		1	15	245	
Zinc	mg	3.59		1	1.02	16.28	
Copper	mg	0.109		1	0.031	0.494	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		1	0.040	0.635	
Riboflavin	mg	0.250		1	0.071	1.134	
Niacin	mg	3.410		1	0.967	15.468	
Pantothenic acid	mg	0.350		1	0.099	1.588	
Vitamin B-6	mg	0.430		1	0.122	1.950	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	2.90		1	0.82	13.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.540		0	1.004	16.057	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.210		1	0.060	0.953	
15.0	g						
16:0	g	1.930		1	0.547	8.754	
17:0	g						
18:0	g	1.170		1	0.332	5.307	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.530	0	1.001	16.012
14:1	g				
16:1	g	0.240	1	0.068	1.089
18:1	g	3.170	1	0.899	14.379
20:1	g	0.010	1	0.003	0.045
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.420	0	0.119	1.905
18:2	g	0.320	1	0.091	1.452
18:3	g	0.030	1	0.009	0.136
18:4	g	0.000	1	0.000	0.000
20:4	g	0.050	1	0.014	0.227
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	62	1	18	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.066	1.057
Threonine	g	0.908	0	0.257	4.119
Isoleucine	g	0.934	0	0.265	4.237
Leucine	g	1.643	0	0.466	7.453
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.532	0	0.151	2.413
Cystine	g	0.233	0	0.066	1.057
Phenylalanine	g	0.811	0	0.230	3.679
Tyrosine	g	0.698	0	0.198	3.166
Valine	g	1.011	0	0.287	4.586
Arginine	g	1.313	0	0.372	5.956
Histidine	g	0.712	0	0.202	3.230
Alanine	g	1.254	0	0.356	5.688
Aspartic acid	g	1.899	0	0.538	8.614
Glutamic acid	g	3.122	0	0.885	14.161
Glycine	g	1.134	0	0.321	5.144
Proline	g	0.918	0	0.260	4.164
Serine	g	0.795	0	0.225	3.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13259 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 21% 3% connective tissue, 18% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	58.65		0	49.85	57.48	
Energy	kcal	232		0	197	227	
Energy	kj	971		0	825	952	
Protein (N x 5.95)	g	28.25		0	24.01	27.68	
Total lipid (fat)	g	12.36		0	10.51	12.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	6	7	
Iron	mg	3.58		0	3.04	3.51	
Magnesium	mg	30		0	26	29	
Phosphorus	mg	238		0	202	233	
Potassium	mg	419		0	356	411	
Sodium	mg	63		0	54	62	
Zinc	mg	5.59		0	4.75	5.48	
Copper	mg	0.179		0	0.152	0.175	
Manganese	mg	0.017		0	0.014	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.127	
Riboflavin	mg	0.300		0	0.255	0.294	
Niacin	mg	3.920		0	3.332	3.842	
Pantothenic acid	mg	0.380		0	0.323	0.372	
Vitamin B-6	mg	0.440		0	0.374	0.431	
Folate	µg	7		0	6	7	
Vitamin B-12	µg	2.57		0	2.18	2.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.830		0	4.106	4.733	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.009	0.010	
12:0	g	0.010		0	0.009	0.010	
14:0	g	0.320		0	0.272	0.314	
15.0	g						
16:0	g	2.650		0	2.252	2.597	
17:0	g						
18:0	g	1.620		0	1.377	1.588	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.810	0	4.088	4.714
14:1	g				
16:1	g	0.330	0	0.281	0.323
18:1	g	4.330	0	3.681	4.243
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.490	0	0.417	0.480
18:2	g	0.380	0	0.323	0.372
18:3	g	0.030	0	0.026	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.059
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	71	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.269	0.310
Threonine	g	1.234	0	1.049	1.209
Isoleucine	g	1.270	0	1.080	1.245
Leucine	g	2.233	0	1.898	2.188
Lysine	g	2.350	0	1.998	2.303
Methionine	g	0.723	0	0.615	0.709
Cystine	g	0.316	0	0.269	0.310
Phenylalanine	g	1.103	0	0.938	1.081
Tyrosine	g	0.949	0	0.807	0.930
Valine	g	1.374	0	1.168	1.347
Arginine	g	1.785	0	1.517	1.749
Histidine	g	0.967	0	0.822	0.948
Alanine	g	1.704	0	1.448	1.670
Aspartic acid	g	2.581	0	2.194	2.529
Glutamic acid	g	4.244	0	3.607	4.159
Glycine	g	1.541	0	1.310	1.510
Proline	g	1.248	0	1.061	1.223
Serine	g	1.080	0	0.918	1.058
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 174 g; yields excluding refuse

NDB No. 13260 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Refuse: 25% 3% connective tissue, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.03		0	140.07	47.63	
Energy	kcal	255		0	638	217	
Energy	kj	1067		0	2668	907	
Protein (N x 5.95)	g	27.54		0	68.85	23.41	
Total lipid (fat)	g	15.27		0	38.17	12.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	2.90	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	18	6	
Iron	mg	3.66		0	9.15	3.11	
Magnesium	mg	27		0	68	23	
Phosphorus	mg	236		0	590	201	
Potassium	mg	393		0	983	334	
Sodium	mg	59		0	148	50	
Zinc	mg	5.17		0	12.93	4.39	
Copper	mg	0.167		0	0.418	0.142	
Manganese	mg	0.016		0	0.040	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.250	0.085	
Riboflavin	mg	0.320		0	0.800	0.272	
Niacin	mg	3.390		0	8.475	2.882	
Pantothenic acid	mg	0.450		0	1.125	0.383	
Vitamin B-6	mg	0.380		0	0.950	0.323	
Folate	µg	8		0	20	7	
Vitamin B-12	µg	2.77		0	6.92	2.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.350	0.119	
Lipids:							
Saturated, total	g	5.970		0	14.925	5.074	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.025	0.009	
12:0	g	0.010		0	0.025	0.009	
14:0	g	0.400		0	1.000	0.340	
15.0	g						
16:0	g	3.270		0	8.175	2.780	
17:0	g						
18:0	g	2.000		0	5.000	1.700	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940	0	14.850	5.049
14:1	g				
16:1	g	0.410	0	1.025	0.349
18:1	g	5.340	0	13.350	4.539
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	1.500	0.510
18:2	g	0.470	0	1.175	0.400
18:3	g	0.040	0	0.100	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.175	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	215	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.770	0.262
Threonine	g	1.203	0	3.007	1.023
Isoleucine	g	1.238	0	3.095	1.052
Leucine	g	2.177	0	5.442	1.850
Lysine	g	2.291	0	5.728	1.947
Methionine	g	0.705	0	1.763	0.599
Cystine	g	0.308	0	0.770	0.262
Phenylalanine	g	1.075	0	2.688	0.914
Tyrosine	g	0.925	0	2.313	0.786
Valine	g	1.339	0	3.348	1.138
Arginine	g	1.740	0	4.350	1.479
Histidine	g	0.943	0	2.357	0.802
Alanine	g	1.661	0	4.152	1.412
Aspartic acid	g	2.516	0	6.290	2.139
Glutamic acid	g	4.137	0	10.342	3.516
Glycine	g	1.502	0	3.755	1.277
Proline	g	1.216	0	3.040	1.034
Serine	g	1.053	0	2.632	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13261 Beef, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 9% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 238g	Measure 3*
Proximates:							
Water	g	60.78		0	275.70	144.66	
Energy	kcal	243		0	1102	578	
Energy	kj	1017		0	4613	2420	
Protein (N x 5.95)	g	19.00		0	86.18	45.22	
Total lipid (fat)	g	17.92		0	81.29	42.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77		0	3.49	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	14	
Iron	mg	1.58		0	7.17	3.76	
Magnesium	mg	18		0	82	43	
Phosphorus	mg	163		0	739	388	
Potassium	mg	295		0	1338	702	
Sodium	mg	53		0	240	126	
Zinc	mg	3.14		0	14.24	7.47	
Copper	mg	0.069		0	0.313	0.164	
Manganese	mg	0.012		0	0.054	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.214	
Riboflavin	mg	0.140		0	0.635	0.333	
Niacin	mg	3.880		0	17.600	9.234	
Pantothenic acid	mg	0.320		0	1.452	0.762	
Vitamin B-6	mg	0.390		0	1.769	0.928	
Folate	µg	6		0	27	14	
Vitamin B-12	µg	2.75		0	12.47	6.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.290		0	33.067	17.350	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.272	0.143	
12:0	g	0.040		0	0.181	0.095	
14:0	g	0.580		0	2.631	1.380	
15.0	g						
16:0	g	4.420		0	20.049	10.520	
17:0	g						
18:0	g	2.180		0	9.888	5.188	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.780	0	35.290	18.516
14:1	g				
16:1	g	0.900	0	4.082	2.142
18:1	g	6.860	0	31.117	16.327
20:1	g	0.030	0	0.136	0.071
22.1	g				
Polyunsaturated, total	g	0.640	0	2.903	1.523
18:2	g	0.410	0	1.860	0.976
18:3	g	0.210	0	0.953	0.500
18:4	g				
20:4	g	0.020	0	0.091	0.048
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	304	159
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.966	0.507
Threonine	g	0.830	0	3.765	1.975
Isoleucine	g	0.854	0	3.874	2.033
Leucine	g	1.502	0	6.813	3.575
Lysine	g	1.581	0	7.171	3.763
Methionine	g	0.486	0	2.204	1.157
Cystine	g	0.213	0	0.966	0.507
Phenylalanine	g	0.742	0	3.366	1.766
Tyrosine	g	0.638	0	2.894	1.518
Valine	g	0.924	0	4.191	2.199
Arginine	g	1.201	0	5.448	2.858
Histidine	g	0.651	0	2.953	1.549
Alanine	g	1.146	0	5.198	2.727
Aspartic acid	g	1.736	0	7.874	4.132
Glutamic acid	g	2.855	0	12.950	6.795
Glycine	g	1.037	0	4.704	2.468
Proline	g	0.839	0	3.806	1.997
Serine	g	0.727	0	3.298	1.730
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13262 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 9% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 178g	Measure 3*
Proximates:							
Water	g	52.79		0	44.87	93.97	
Energy	kcal	287		0	244	511	
Energy	kj	1201		0	1021	2138	
Protein (N x 5.95)	g	25.56		0	21.73	45.50	
Total lipid (fat)	g	19.76		0	16.80	35.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.89	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	16	
Iron	mg	2.23		0	1.90	3.97	
Magnesium	mg	23		0	20	41	
Phosphorus	mg	194		0	165	345	
Potassium	mg	349		0	297	621	
Sodium	mg	63		0	54	112	
Zinc	mg	4.57		0	3.88	8.13	
Copper	mg	0.096		0	0.082	0.171	
Manganese	mg	0.014		0	0.012	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.142	
Riboflavin	mg	0.180		0	0.153	0.320	
Niacin	mg	4.700		0	3.995	8.366	
Pantothenic acid	mg	0.330		0	0.281	0.587	
Vitamin B-6	mg	0.370		0	0.315	0.659	
Folate	µg	7		0	6	12	
Vitamin B-12	µg	1.94		0	1.65	3.45	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.021		0	0.018	0.037	
Lipids:							
Saturated, total	g	7.820		0	6.647	13.920	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.043	0.089	
12:0	g	0.050		0	0.043	0.089	
14:0	g	0.630		0	0.536	1.121	
15.0	g						
16:0	g	4.790		0	4.071	8.526	
17:0	g						
18:0	g	2.310		0	1.964	4.112	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.310	0	7.064	14.792
14:1	g				
16:1	g	0.790	0	0.672	1.406
18:1	g	7.490	0	6.366	13.332
20:1	g	0.030	0	0.026	0.053
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.710	0	0.603	1.264
18:2	g	0.480	0	0.408	0.854
18:3	g	0.190	0	0.161	0.338
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.026	0.053
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	67	141
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.243	0.509
Threonine	g	1.117	0	0.949	1.988
Isoleucine	g	1.149	0	0.977	2.045
Leucine	g	2.021	0	1.718	3.597
Lysine	g	2.127	0	1.808	3.786
Methionine	g	0.654	0	0.556	1.164
Cystine	g	0.286	0	0.243	0.509
Phenylalanine	g	0.998	0	0.848	1.776
Tyrosine	g	0.859	0	0.730	1.529
Valine	g	1.243	0	1.057	2.213
Arginine	g	1.616	0	1.374	2.876
Histidine	g	0.875	0	0.744	1.558
Alanine	g	1.542	0	1.311	2.745
Aspartic acid	g	2.336	0	1.986	4.158
Glutamic acid	g	3.841	0	3.265	6.837
Glycine	g	1.395	0	1.186	2.483
Proline	g	1.129	0	0.960	2.010
Serine	g	0.978	0	0.831	1.741
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13263 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 235g	Measure 3*
Proximates:							
Water	g	59.31		0	269.03	139.38	
Energy	kcal	260		0	1179	611	
Energy	kj	1088		0	4935	2557	
Protein (N x 5.95)	g	18.73		0	84.96	44.02	
Total lipid (fat)	g	19.94		0	90.45	46.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76		0	3.45	1.79	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	14	
Iron	mg	1.56		0	7.08	3.67	
Magnesium	mg	18		0	82	42	
Phosphorus	mg	160		0	726	376	
Potassium	mg	290		0	1315	682	
Sodium	mg	53		0	240	125	
Zinc	mg	3.09		0	14.02	7.26	
Copper	mg	0.069		0	0.313	0.162	
Manganese	mg	0.012		0	0.054	0.028	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.212	
Riboflavin	mg	0.130		0	0.590	0.306	
Niacin	mg	3.820		0	17.328	8.977	
Pantothenic acid	mg	0.310		0	1.406	0.728	
Vitamin B-6	mg	0.380		0	1.724	0.893	
Folate	µg	6		0	27	14	
Vitamin B-12	µg	2.72		0	12.34	6.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.100		0	36.742	19.035	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.318	0.165	
12:0	g	0.040		0	0.181	0.094	
14:0	g	0.650		0	2.948	1.528	
15.0	g						
16:0	g	4.920		0	22.317	11.562	
17:0	g						
18:0	g	2.430		0	11.022	5.711	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.660	0	39.282	20.351
14:1	g				
16:1	g	0.990	0	4.491	2.327
18:1	g	7.630	0	34.610	17.930
20:1	g	0.030	0	0.136	0.070
22.1	g				
Polyunsaturated, total	g	0.720	0	3.266	1.692
18:2	g	0.460	0	2.087	1.081
18:3	g	0.230	0	1.043	0.541
18:4	g				
20:4	g	0.020	0	0.091	0.047
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	304	157
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.210	0	0.953	0.494
Threonine	g	0.818	0	3.710	1.922
Isoleucine	g	0.842	0	3.819	1.979
Leucine	g	1.481	0	6.718	3.480
Lysine	g	1.559	0	7.072	3.664
Methionine	g	0.480	0	2.177	1.128
Cystine	g	0.210	0	0.953	0.494
Phenylalanine	g	0.731	0	3.316	1.718
Tyrosine	g	0.629	0	2.853	1.478
Valine	g	0.911	0	4.132	2.141
Arginine	g	1.184	0	5.371	2.782
Histidine	g	0.641	0	2.908	1.506
Alanine	g	1.130	0	5.126	2.655
Aspartic acid	g	1.712	0	7.766	4.023
Glutamic acid	g	2.815	0	12.769	6.615
Glycine	g	1.022	0	4.636	2.402
Proline	g	0.827	0	3.751	1.943
Serine	g	0.716	0	3.248	1.683
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13264 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 8% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	51.93		0	44.14	93.47	
Energy	kcal	298		0	253	536	
Energy	kj	1247		0	1060	2245	
Protein (N x 5.95)	g	25.38		0	21.57	45.68	
Total lipid (fat)	g	20.98		0	17.83	37.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.88	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	16	
Iron	mg	2.22		0	1.89	4.00	
Magnesium	mg	23		0	20	41	
Phosphorus	mg	192		0	163	346	
Potassium	mg	346		0	294	623	
Sodium	mg	63		0	54	113	
Zinc	mg	4.53		0	3.85	8.15	
Copper	mg	0.096		0	0.082	0.173	
Manganese	mg	0.014		0	0.012	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.144	
Riboflavin	mg	0.180		0	0.153	0.324	
Niacin	mg	4.660		0	3.961	8.388	
Pantothenic acid	mg	0.330		0	0.281	0.594	
Vitamin B-6	mg	0.370		0	0.315	0.666	
Folate	µg	7		0	6	13	
Vitamin B-12	µg	1.93		0	1.64	3.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.310		0	7.064	14.958	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.090	
12:0	g	0.050		0	0.043	0.090	
14:0	g	0.670		0	0.570	1.206	
15.0	g						
16:0	g	5.090		0	4.326	9.162	
17:0	g						
18:0	g	2.450		0	2.083	4.410	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.820	0	7.497	15.876
14:1	g				
16:1	g	0.840	0	0.714	1.512
18:1	g	7.960	0	6.766	14.328
20:1	g	0.030	0	0.026	0.054
22.1	g				
Polyunsaturated, total	g	0.750	0	0.637	1.350
18:2	g	0.510	0	0.434	0.918
18:3	g	0.210	0	0.179	0.378
18:4	g				
20:4	g	0.040	0	0.034	0.072
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	67	142
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.284	0	0.241	0.511
Threonine	g	1.109	0	0.943	1.996
Isoleucine	g	1.141	0	0.970	2.054
Leucine	g	2.006	0	1.705	3.611
Lysine	g	2.112	0	1.795	3.802
Methionine	g	0.650	0	0.553	1.170
Cystine	g	0.284	0	0.241	0.511
Phenylalanine	g	0.991	0	0.842	1.784
Tyrosine	g	0.853	0	0.725	1.535
Valine	g	1.235	0	1.050	2.223
Arginine	g	1.604	0	1.363	2.887
Histidine	g	0.869	0	0.739	1.564
Alanine	g	1.531	0	1.301	2.756
Aspartic acid	g	2.319	0	1.971	4.174
Glutamic acid	g	3.814	0	3.242	6.865
Glycine	g	1.385	0	1.177	2.493
Proline	g	1.121	0	0.953	2.018
Serine	g	0.971	0	0.825	1.748
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13265 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 8% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	61.86		0	280.60	148.46	
Energy	kcal	230		0	1043	552	
Energy	kj	962		0	4364	2309	
Protein (N x 5.95)	g	19.13		0	86.77	45.91	
Total lipid (fat)	g	16.45		0	74.62	39.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	3.54	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	14	
Iron	mg	1.59		0	7.21	3.82	
Magnesium	mg	19		0	86	46	
Phosphorus	mg	164		0	744	394	
Potassium	mg	298		0	1352	715	
Sodium	mg	54		0	245	130	
Zinc	mg	3.16		0	14.33	7.58	
Copper	mg	0.070		0	0.318	0.168	
Manganese	mg	0.013		0	0.059	0.031	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.408	0.216	
Riboflavin	mg	0.140		0	0.635	0.336	
Niacin	mg	3.910		0	17.736	9.384	
Pantothenic acid	mg	0.320		0	1.452	0.768	
Vitamin B-6	mg	0.390		0	1.769	0.936	
Folate	µg	6		0	27	14	
Vitamin B-12	µg	2.76		0	12.52	6.62	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.700		0	30.391	16.080	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.272	0.144	
12:0	g	0.040		0	0.181	0.096	
14:0	g	0.540		0	2.449	1.296	
15.0	g						
16:0	g	4.060		0	18.416	9.744	
17:0	g						
18:0	g	2.010		0	9.117	4.824	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.150	0	32.432	17.160
14:1	g				
16:1	g	0.830	0	3.765	1.992
18:1	g	6.290	0	28.531	15.096
20:1	g	0.030	0	0.136	0.072
22.1	g				
Polyunsaturated, total	g	0.590	0	2.676	1.416
18:2	g	0.380	0	1.724	0.912
18:3	g	0.200	0	0.907	0.480
18:4	g				
20:4	g	0.020	0	0.091	0.048
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	299	158
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.971	0.514
Threonine	g	0.836	0	3.792	2.006
Isoleucine	g	0.860	0	3.901	2.064
Leucine	g	1.512	0	6.858	3.629
Lysine	g	1.592	0	7.221	3.821
Methionine	g	0.490	0	2.223	1.176
Cystine	g	0.214	0	0.971	0.514
Phenylalanine	g	0.747	0	3.388	1.793
Tyrosine	g	0.643	0	2.917	1.543
Valine	g	0.931	0	4.223	2.234
Arginine	g	1.209	0	5.484	2.902
Histidine	g	0.655	0	2.971	1.572
Alanine	g	1.154	0	5.235	2.770
Aspartic acid	g	1.748	0	7.929	4.195
Glutamic acid	g	2.875	0	13.041	6.900
Glycine	g	1.044	0	4.736	2.506
Proline	g	0.845	0	3.833	2.028
Serine	g	0.732	0	3.320	1.757
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13266 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 9% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 178g	Measure 3*
Proximates:							
Water	g	54.38		0	46.22	96.80	
Energy	kcal	266		0	226	473	
Energy	kj	1113		0	946	1981	
Protein (N x 5.95)	g	25.92		0	22.03	46.14	
Total lipid (fat)	g	17.18		0	14.60	30.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.90	1.89	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	16	
Iron	mg	2.26		0	1.92	4.02	
Magnesium	mg	24		0	20	43	
Phosphorus	mg	197		0	167	351	
Potassium	mg	354		0	301	630	
Sodium	mg	64		0	54	114	
Zinc	mg	4.65		0	3.95	8.28	
Copper	mg	0.098		0	0.083	0.174	
Manganese	mg	0.015		0	0.013	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.142	
Riboflavin	mg	0.180		0	0.153	0.320	
Niacin	mg	4.770		0	4.054	8.491	
Pantothenic acid	mg	0.330		0	0.281	0.587	
Vitamin B-6	mg	0.380		0	0.323	0.676	
Folate	µg	7		0	6	12	
Vitamin B-12	µg	1.94		0	1.65	3.45	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.800		0	5.780	12.104	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.034	0.071	
12:0	g	0.040		0	0.034	0.071	
14:0	g	0.550		0	0.468	0.979	
15.0	g						
16:0	g	4.170		0	3.544	7.423	
17:0	g						
18:0	g	2.000		0	1.700	3.560	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.230	0	6.146	12.869
14:1	g				
16:1	g	0.690	0	0.587	1.228
18:1	g	6.520	0	5.542	11.606
20:1	g	0.030	0	0.026	0.053
22.1	g				
Polyunsaturated, total	g	0.610	0	0.518	1.086
18:2	g	0.410	0	0.349	0.730
18:3	g	0.170	0	0.145	0.303
18:4	g				
20:4	g	0.030	0	0.026	0.053
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	79	0	67	141
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.247	0.516
Threonine	g	1.132	0	0.962	2.015
Isoleucine	g	1.166	0	0.991	2.075
Leucine	g	2.049	0	1.742	3.647
Lysine	g	2.157	0	1.833	3.839
Methionine	g	0.664	0	0.564	1.182
Cystine	g	0.290	0	0.247	0.516
Phenylalanine	g	1.012	0	0.860	1.801
Tyrosine	g	0.871	0	0.740	1.550
Valine	g	1.261	0	1.072	2.245
Arginine	g	1.638	0	1.392	2.916
Histidine	g	0.888	0	0.755	1.581
Alanine	g	1.564	0	1.329	2.784
Aspartic acid	g	2.368	0	2.013	4.215
Glutamic acid	g	3.895	0	3.311	6.933
Glycine	g	1.414	0	1.202	2.517
Proline	g	1.145	0	0.973	2.038
Serine	g	0.991	0	0.842	1.764
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13267 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, raw

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 247g	Measure 3*
Proximates:							
Water	g	56.07		0	254.33	138.49	
Energy	kcal	305		0	1383	753	
Energy	kj	1276		0	5788	3152	
Protein (N x 5.95)	g	18.33		0	83.14	45.28	
Total lipid (fat)	g	25.17		0	114.17	62.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74		0	3.36	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	27	15	
Iron	mg	1.53		0	6.94	3.78	
Magnesium	mg	17		0	77	42	
Phosphorus	mg	157		0	712	388	
Potassium	mg	281		0	1275	694	
Sodium	mg	52		0	236	128	
Zinc	mg	3.01		0	13.65	7.43	
Copper	mg	0.067		0	0.304	0.165	
Manganese	mg	0.012		0	0.054	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.363	0.198	
Riboflavin	mg	0.130		0	0.590	0.321	
Niacin	mg	3.720		0	16.874	9.188	
Pantothenic acid	mg	0.310		0	1.406	0.766	
Vitamin B-6	mg	0.380		0	1.724	0.939	
Folate	µg	6		0	27	15	
Vitamin B-12	µg	2.67		0	12.11	6.59	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.330		0	46.857	25.515	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.318	0.173	
12:0	g	0.060		0	0.272	0.148	
14:0	g	0.820		0	3.720	2.025	
15.0	g						
16:0	g	6.190		0	28.078	15.289	
17:0	g						
18:0	g	3.050		0	13.835	7.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.080	0	50.259	27.368
14:1	g				
16:1	g	1.230	0	5.579	3.038
18:1	g	9.650	0	43.772	23.836
20:1	g	0.030	0	0.136	0.074
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.910	0	4.128	2.248
18:2	g	0.590	0	2.676	1.457
18:3	g	0.270	0	1.225	0.667
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.181	0.099
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	69	0	313	170
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.930	0.506
Threonine	g	0.801	0	3.633	1.978
Isoleucine	g	0.824	0	3.738	2.035
Leucine	g	1.449	0	6.573	3.579
Lysine	g	1.525	0	6.917	3.767
Methionine	g	0.469	0	2.127	1.158
Cystine	g	0.205	0	0.930	0.506
Phenylalanine	g	0.716	0	3.248	1.769
Tyrosine	g	0.616	0	2.794	1.522
Valine	g	0.892	0	4.046	2.203
Arginine	g	1.159	0	5.257	2.863
Histidine	g	0.628	0	2.849	1.551
Alanine	g	1.106	0	5.017	2.732
Aspartic acid	g	1.675	0	7.598	4.137
Glutamic acid	g	2.755	0	12.497	6.805
Glycine	g	1.000	0	4.536	2.470
Proline	g	0.810	0	3.674	2.001
Serine	g	0.701	0	3.180	1.731
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13268 Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 8% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	50.18		0	42.65	90.32	
Energy	kcal	323		0	275	581	
Energy	kj	1351		0	1148	2432	
Protein (N x 5.95)	g	25.38		0	21.57	45.68	
Total lipid (fat)	g	23.82		0	20.25	42.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.88	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	16	
Iron	mg	2.22		0	1.89	4.00	
Magnesium	mg	23		0	20	41	
Phosphorus	mg	192		0	163	346	
Potassium	mg	346		0	294	623	
Sodium	mg	63		0	54	113	
Zinc	mg	4.53		0	3.85	8.15	
Copper	mg	0.096		0	0.082	0.173	
Manganese	mg	0.014		0	0.012	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.068	0.144	
Riboflavin	mg	0.180		0	0.153	0.324	
Niacin	mg	4.660		0	3.961	8.388	
Pantothenic acid	mg	0.330		0	0.281	0.594	
Vitamin B-6	mg	0.370		0	0.315	0.666	
Folate	µg	7		0	6	13	
Vitamin B-12	µg	1.93		0	1.64	3.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.600		0	8.160	17.280	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.051	0.108	
12:0	g	0.050		0	0.043	0.090	
14:0	g	0.750		0	0.637	1.350	
15.0	g						
16:0	g	5.740		0	4.879	10.332	
17:0	g						
18:0	g	2.800		0	2.380	5.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.130	0	8.611	18.234
14:1	g				
16:1	g	0.930	0	0.791	1.674
18:1	g	9.010	0	7.659	16.218
20:1	g	0.040	0	0.034	0.072
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	0.731	1.548
18:2	g	0.580	0	0.493	1.044
18:3	g	0.210	0	0.179	0.378
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.043	0.090
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	67	142
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.284	0	0.241	0.511
Threonine	g	1.109	0	0.943	1.996
Isoleucine	g	1.141	0	0.970	2.054
Leucine	g	2.006	0	1.705	3.611
Lysine	g	2.112	0	1.795	3.802
Methionine	g	0.650	0	0.553	1.170
Cystine	g	0.284	0	0.241	0.511
Phenylalanine	g	0.991	0	0.842	1.784
Tyrosine	g	0.853	0	0.725	1.535
Valine	g	1.235	0	1.050	2.223
Arginine	g	1.604	0	1.363	2.887
Histidine	g	0.869	0	0.739	1.564
Alanine	g	1.531	0	1.301	2.756
Aspartic acid	g	2.319	0	1.971	4.174
Glutamic acid	g	3.814	0	3.242	6.865
Glycine	g	1.385	0	1.177	2.493
Proline	g	1.121	0	0.953	2.018
Serine	g	0.971	0	0.825	1.748
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13269 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 27% Connective tissue 9%, separable fat 18%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.30		1	19.93	318.88	
Energy	kcal	142		0	40	644	
Energy	kj	594		0	168	2694	
Protein (N x 5.95)	g	21.53	0.229	63	6.10	97.66	
Total lipid (fat)	g	5.50		1	1.56	24.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89	0.039	54	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.251	27	1	23	
Iron	mg	1.78	0.047	39	0.50	8.07	
Magnesium	mg	22	0.485	40	6	100	
Phosphorus	mg	185	4.686	29	52	839	
Potassium	mg	349	8.577	39	99	1583	
Sodium	mg	59	1.789	39	17	268	
Zinc	mg	3.64	0.095	37	1.03	16.51	
Copper	mg	0.078	0.003	38	0.022	0.354	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg	17.8	1.682	19	5.0	80.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.006	22	0.028	0.454	
Riboflavin	mg	0.150	0.010	20	0.043	0.680	
Niacin	mg	4.450	0.265	23	1.262	20.185	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	7	1.128	10	2	32	
Vitamin B-12	µg	3.05	0.234	22	0.86	13.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.090		0	0.593	9.480	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		21	0.000	0.000	
12:0	g	0.000		21	0.000	0.000	
14:0	g	0.160		21	0.045	0.726	
15.0	g						
16:0	g	1.300		21	0.369	5.897	
17:0	g						
18:0	g	0.630		21	0.179	2.858	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350		0	0.666	10.660
14:1	g					
16:1	g	0.200		21	0.057	0.907
18:1	g	2.150		21	0.610	9.752
20:1	g	0.010		21	0.003	0.045
22.1	g					
Polyunsaturated, total	g	0.200		0	0.057	0.907
18:2	g	0.160		21	0.045	0.726
18:3	g	0.010		21	0.003	0.045
18:4	g					
20:4	g	0.030		21	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	0.941	33	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.241		0	0.068	1.093
Threonine	g	0.940		0	0.266	4.264
Isoleucine	g	0.968		0	0.274	4.391
Leucine	g	1.702		0	0.483	7.720
Lysine	g	1.791		0	0.508	8.124
Methionine	g	0.551		0	0.156	2.499
Cystine	g	0.241		0	0.068	1.093
Phenylalanine	g	0.841		0	0.238	3.815
Tyrosine	g	0.723		0	0.205	3.280
Valine	g	1.047		0	0.297	4.749
Arginine	g	1.361		0	0.386	6.173
Histidine	g	0.737		0	0.209	3.343
Alanine	g	1.299		0	0.368	5.892
Aspartic acid	g	1.967		0	0.558	8.922
Glutamic acid	g	3.235		0	0.917	14.674
Glycine	g	1.175		0	0.333	5.330
Proline	g	0.951		0	0.270	4.314
Serine	g	0.823		0	0.233	3.733
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13270 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 24% 9% connective tissue, 15% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 149g	Measure 3*
Proximates:							
Water	g	59.80		1	50.83	89.10	
Energy	kcal	207		0	176	308	
Energy	kj	866		0	736	1290	
Protein (N x 5.95)	g	28.62	0.632	10	24.33	42.64	
Total lipid (fat)	g	9.40		1	7.99	14.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.031	10	0.99	1.74	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.787	10	7	12	
Iron	mg	2.47	0.163	10	2.10	3.68	
Magnesium	mg	27	0.785	10	23	40	
Phosphorus	mg	218		1	185	325	
Potassium	mg	396	10.170	10	337	590	
Sodium	mg	68	7.016	9	58	101	
Zinc	mg	5.22	0.316	8	4.44	7.78	
Copper	mg	0.107	0.010	8	0.091	0.159	
Manganese	mg	0.016		1	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	10	0.077	0.134	
Riboflavin	mg	0.200	0.009	10	0.170	0.298	
Niacin	mg	5.340	0.362	10	4.539	7.957	
Pantothenic acid	mg	0.370		1	0.315	0.551	
Vitamin B-6	mg	0.420		1	0.357	0.626	
Folate	µg	8	1.383	10	7	12	
Vitamin B-12	µg	2.00	0.294	11	1.70	2.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.119	0.209	
Lipids:							
Saturated, total	g	3.590		0	3.051	5.349	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.010		8	0.009	0.015	
14:0	g	0.270		8	0.230	0.402	
15.0	g						
16:0	g	2.140		8	1.819	3.189	
17:0	g						
18:0	g	1.170		8	0.995	1.743	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.780		0	3.213	5.632
14:1	g					
16:1	g	0.310		8	0.264	0.462
18:1	g	3.470		8	2.950	5.170
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.310		0	0.264	0.462
18:2	g	0.240		8	0.204	0.358
18:3	g	0.020		8	0.017	0.030
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.034	0.060
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	76	1.062	8	65	113
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.321		0	0.273	0.478
Threonine	g	1.250		0	1.063	1.863
Isoleucine	g	1.287		0	1.094	1.918
Leucine	g	2.262		0	1.923	3.370
Lysine	g	2.381		0	2.024	3.548
Methionine	g	0.733		0	0.623	1.092
Cystine	g	0.321		0	0.273	0.478
Phenylalanine	g	1.117		0	0.949	1.664
Tyrosine	g	0.962		0	0.818	1.433
Valine	g	1.392		0	1.183	2.074
Arginine	g	1.809		0	1.538	2.695
Histidine	g	0.980		0	0.833	1.460
Alanine	g	1.726		0	1.467	2.572
Aspartic acid	g	2.615		0	2.223	3.896
Glutamic acid	g	4.300		0	3.655	6.407
Glycine	g	1.561		0	1.327	2.326
Proline	g	1.264		0	1.074	1.883
Serine	g	1.094		0	0.930	1.630
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13271 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 28% Connective tissue 10%, separable fat 18%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.70		1	19.76	316.16	
Energy	kcal	150		0	43	680	
Energy	kj	628		0	178	2849	
Protein (N x 5.95)	g	21.53		1	6.10	97.66	
Total lipid (fat)	g	6.40		1	1.81	29.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		1	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	1	23	
Iron	mg	1.78		1	0.50	8.07	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	185		1	52	839	
Potassium	mg	349		1	99	1583	
Sodium	mg	59		1	17	268	
Zinc	mg	3.64		1	1.03	16.51	
Copper	mg	0.078		1	0.022	0.354	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	4.450		1	1.262	20.185	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.05		1	0.86	13.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.430		0	0.689	11.022	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		21	0.000	0.000	
12:0	g	0.000		21	0.000	0.000	
14:0	g	0.190		21	0.054	0.862	
15.0	g						
16:0	g	1.510		21	0.428	6.849	
17:0	g						
18:0	g	0.730		21	0.207	3.311	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.730	0	0.774	12.383
14:1	g				
16:1	g	0.230	21	0.065	1.043
18:1	g	2.500	21	0.709	11.340
20:1	g	0.010	21	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.230	0	0.065	1.043
18:2	g	0.190	21	0.054	0.862
18:3	g	0.010	21	0.003	0.045
18:4	g				
20:4	g	0.030	21	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.068	1.093
Threonine	g	0.940	0	0.266	4.264
Isoleucine	g	0.968	0	0.274	4.391
Leucine	g	1.702	0	0.483	7.720
Lysine	g	1.791	0	0.508	8.124
Methionine	g	0.551	0	0.156	2.499
Cystine	g	0.241	0	0.068	1.093
Phenylalanine	g	0.841	0	0.238	3.815
Tyrosine	g	0.723	0	0.205	3.280
Valine	g	1.047	0	0.297	4.749
Arginine	g	1.361	0	0.386	6.173
Histidine	g	0.737	0	0.209	3.343
Alanine	g	1.299	0	0.368	5.892
Aspartic acid	g	1.967	0	0.558	8.922
Glutamic acid	g	3.235	0	0.917	14.674
Glycine	g	1.175	0	0.333	5.330
Proline	g	0.951	0	0.270	4.314
Serine	g	0.823	0	0.233	3.733
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13272 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 25% 8% connective tissue, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	59.25		0	50.36	87.10	
Energy	kcal	214		0	182	315	
Energy	kj	895		0	761	1316	
Protein (N x 5.95)	g	28.62		0	24.33	42.07	
Total lipid (fat)	g	10.15		0	8.63	14.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	1.72	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.47		0	2.10	3.63	
Magnesium	mg	27		0	23	40	
Phosphorus	mg	218		0	185	320	
Potassium	mg	396		0	337	582	
Sodium	mg	68		0	58	100	
Zinc	mg	5.22		0	4.44	7.67	
Copper	mg	0.107		0	0.091	0.157	
Manganese	mg	0.016		0	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.132	
Riboflavin	mg	0.200		0	0.170	0.294	
Niacin	mg	5.340		0	4.539	7.850	
Pantothenic acid	mg	0.370		0	0.315	0.544	
Vitamin B-6	mg	0.420		0	0.357	0.617	
Folate	µg	8		0	7	12	
Vitamin B-12	µg	2.00		0	1.70	2.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.870		0	3.289	5.689	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.009	0.015	
14:0	g	0.300		0	0.255	0.441	
15.0	g						
16:0	g	2.310		0	1.964	3.396	
17:0	g						
18:0	g	1.260		0	1.071	1.852	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.080	0	3.468	5.998
14:1	g				
16:1	g	0.330	0	0.281	0.485
18:1	g	3.750	0	3.188	5.513
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.330	0	0.281	0.485
18:2	g	0.260	0	0.221	0.382
18:3	g	0.020	0	0.017	0.029
18:4	g				
20:4	g	0.050	0	0.043	0.074
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	65	112
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.472
Threonine	g	1.250	0	1.063	1.837
Isoleucine	g	1.287	0	1.094	1.892
Leucine	g	2.262	0	1.923	3.325
Lysine	g	2.381	0	2.024	3.500
Methionine	g	0.733	0	0.623	1.078
Cystine	g	0.321	0	0.273	0.472
Phenylalanine	g	1.117	0	0.949	1.642
Tyrosine	g	0.962	0	0.818	1.414
Valine	g	1.392	0	1.183	2.046
Arginine	g	1.809	0	1.538	2.659
Histidine	g	0.980	0	0.833	1.441
Alanine	g	1.726	0	1.467	2.537
Aspartic acid	g	2.615	0	2.223	3.844
Glutamic acid	g	4.300	0	3.655	6.321
Glycine	g	1.561	0	1.327	2.295
Proline	g	1.264	0	1.074	1.858
Serine	g	1.094	0	0.930	1.608
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13273 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 24% Connective tissue 8%, separable fat 16%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.00		1	20.13	322.06	
Energy	kcal	133		0	38	603	
Energy	kj	556		0	158	2522	
Protein (N x 5.95)	g	21.53		1	6.10	97.66	
Total lipid (fat)	g	4.50		1	1.28	20.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		1	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	1	23	
Iron	mg	1.78		1	0.50	8.07	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	185		1	52	839	
Potassium	mg	349		1	99	1583	
Sodium	mg	59		1	17	268	
Zinc	mg	3.64		1	1.03	16.51	
Copper	mg	0.078		1	0.022	0.354	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	4.450		1	1.262	20.185	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.05		1	0.86	13.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.710		0	0.485	7.757	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		21	0.000	0.000	
12:0	g	0.000		21	0.000	0.000	
14:0	g	0.130		21	0.037	0.590	
15.0	g						
16:0	g	1.060		21	0.301	4.808	
17:0	g						
18:0	g	0.510		21	0.145	2.313	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.920	0	0.544	8.709
14:1	g				
16:1	g	0.160	21	0.045	0.726
18:1	g	1.760	21	0.499	7.983
20:1	g	0.010	21	0.003	0.045
22.1	g				
Polyunsaturated, total	g	0.160	0	0.045	0.726
18:2	g	0.130	21	0.037	0.590
18:3	g	0.010	21	0.003	0.045
18:4	g				
20:4	g	0.020	21	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.068	1.093
Threonine	g	0.940	0	0.266	4.264
Isoleucine	g	0.968	0	0.274	4.391
Leucine	g	1.702	0	0.483	7.720
Lysine	g	1.791	0	0.508	8.124
Methionine	g	0.551	0	0.156	2.499
Cystine	g	0.241	0	0.068	1.093
Phenylalanine	g	0.841	0	0.238	3.815
Tyrosine	g	0.723	0	0.205	3.280
Valine	g	1.047	0	0.297	4.749
Arginine	g	1.361	0	0.386	6.173
Histidine	g	0.737	0	0.209	3.343
Alanine	g	1.299	0	0.368	5.892
Aspartic acid	g	1.967	0	0.558	8.922
Glutamic acid	g	3.235	0	0.917	14.674
Glycine	g	1.175	0	0.333	5.330
Proline	g	0.951	0	0.270	4.314
Serine	g	0.823	0	0.233	3.733
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13274 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 23% 9% connective tissue, 14% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 151g	Measure 3*
Proximates:							
Water	g	60.70		0	51.59	91.66	
Energy	kcal	193		0	164	291	
Energy	kj	808		0	687	1220	
Protein (N x 5.95)	g	28.62		0	24.33	43.22	
Total lipid (fat)	g	7.80		0	6.63	11.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	1.77	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.47		0	2.10	3.73	
Magnesium	mg	27		0	23	41	
Phosphorus	mg	218		0	185	329	
Potassium	mg	396		0	337	598	
Sodium	mg	68		0	58	103	
Zinc	mg	5.22		0	4.44	7.88	
Copper	mg	0.107		0	0.091	0.162	
Manganese	mg	0.016		0	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.136	
Riboflavin	mg	0.200		0	0.170	0.302	
Niacin	mg	5.340		0	4.539	8.063	
Pantothenic acid	mg	0.370		0	0.315	0.559	
Vitamin B-6	mg	0.420		0	0.357	0.634	
Folate	µg	8		0	7	12	
Vitamin B-12	µg	2.00		0	1.70	3.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.980		0	2.533	4.500	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.009	0.015	
14:0	g	0.230		0	0.196	0.347	
15.0	g						
16:0	g	1.770		0	1.504	2.673	
17:0	g						
18:0	g	0.970		0	0.825	1.465	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130	0	2.661	4.726
14:1	g				
16:1	g	0.250	0	0.213	0.378
18:1	g	2.880	0	2.448	4.349
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.250	0	0.213	0.378
18:2	g	0.200	0	0.170	0.302
18:3	g	0.020	0	0.017	0.030
18:4	g				
20:4	g	0.030	0	0.026	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	65	115
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.485
Threonine	g	1.250	0	1.063	1.888
Isoleucine	g	1.287	0	1.094	1.943
Leucine	g	2.262	0	1.923	3.416
Lysine	g	2.381	0	2.024	3.595
Methionine	g	0.733	0	0.623	1.107
Cystine	g	0.321	0	0.273	0.485
Phenylalanine	g	1.117	0	0.949	1.687
Tyrosine	g	0.962	0	0.818	1.453
Valine	g	1.392	0	1.183	2.102
Arginine	g	1.809	0	1.538	2.732
Histidine	g	0.980	0	0.833	1.480
Alanine	g	1.726	0	1.467	2.606
Aspartic acid	g	2.615	0	2.223	3.949
Glutamic acid	g	4.300	0	3.655	6.493
Glycine	g	1.561	0	1.327	2.357
Proline	g	1.264	0	1.074	1.909
Serine	g	1.094	0	0.930	1.652
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13275 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, raw

Refuse: 27% Connective tissue 5%, separable fat 22%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.39		1	19.11	305.68	
Energy	kcal	189		0	54	857	
Energy	kj	791		0	224	3588	
Protein (N x 5.95)	g	21.53		1	6.10	97.66	
Total lipid (fat)	g	10.73		1	3.04	48.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		1	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	1	23	
Iron	mg	1.78		1	0.50	8.07	
Magnesium	mg	22		1	6	100	
Phosphorus	mg	185		1	52	839	
Potassium	mg	349		1	99	1583	
Sodium	mg	59		1	17	268	
Zinc	mg	3.64		1	1.03	16.51	
Copper	mg	0.078		1	0.022	0.354	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.150		1	0.043	0.680	
Niacin	mg	4.450		1	1.262	20.185	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	7		1	2	32	
Vitamin B-12	µg	3.05		1	0.86	13.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.290		0	1.216	19.459	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.010		1	0.003	0.045	
14:0	g	0.320		1	0.091	1.452	
15.0	g						
16:0	g	2.540		1	0.720	11.521	
17:0	g						
18:0	g	1.230		1	0.349	5.579	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.810	0	1.364	21.818
14:1	g				
16:1	g	0.390	1	0.111	1.769
18:1	g	4.190	1	1.188	19.006
20:1	g	0.010	1	0.003	0.045
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.390	0	0.111	1.769
18:2	g	0.310	1	0.088	1.406
18:3	g	0.020	1	0.006	0.091
18:4	g	0.000	1	0.000	0.000
20:4	g	0.050	1	0.014	0.227
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	59	1	17	268
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.068	1.093
Threonine	g	0.940	0	0.266	4.264
Isoleucine	g	0.968	0	0.274	4.391
Leucine	g	1.702	0	0.483	7.720
Lysine	g	1.791	0	0.508	8.124
Methionine	g	0.551	0	0.156	2.499
Cystine	g	0.241	0	0.068	1.093
Phenylalanine	g	0.841	0	0.238	3.815
Tyrosine	g	0.723	0	0.205	3.280
Valine	g	1.047	0	0.297	4.749
Arginine	g	1.361	0	0.386	6.173
Histidine	g	0.737	0	0.209	3.343
Alanine	g	1.299	0	0.368	5.892
Aspartic acid	g	1.967	0	0.558	8.922
Glutamic acid	g	3.235	0	0.917	14.674
Glycine	g	1.175	0	0.333	5.330
Proline	g	0.951	0	0.270	4.314
Serine	g	0.823	0	0.233	3.733
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13276 Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Refuse: 25% 8% connective tissue, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	57.12		0	48.55	83.97	
Energy	kcal	245		0	208	360	
Energy	kj	1025		0	871	1507	
Protein (N x 5.95)	g	28.62		0	24.33	42.07	
Total lipid (fat)	g	13.61		0	11.57	20.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	0.99	1.72	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	12	
Iron	mg	2.47		0	2.10	3.63	
Magnesium	mg	27		0	23	40	
Phosphorus	mg	218		0	185	320	
Potassium	mg	396		0	337	582	
Sodium	mg	68		0	58	100	
Zinc	mg	5.22		0	4.44	7.67	
Copper	mg	0.107		0	0.091	0.157	
Manganese	mg	0.016		0	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.077	0.132	
Riboflavin	mg	0.200		0	0.170	0.294	
Niacin	mg	5.340		0	4.539	7.850	
Pantothenic acid	mg	0.370		0	0.315	0.544	
Vitamin B-6	mg	0.420		0	0.357	0.617	
Folate	µg	8		0	7	12	
Vitamin B-12	µg	2.00		0	1.70	2.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.450		0	4.633	8.011	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.009	0.015	
12:0	g	0.010		0	0.009	0.015	
14:0	g	0.400		0	0.340	0.588	
15.0	g						
16:0	g	3.100		0	2.635	4.557	
17:0	g						
18:0	g	1.690		0	1.437	2.484	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.670	0	4.819	8.335
14:1	g				
16:1	g	0.440	0	0.374	0.647
18:1	g	5.030	0	4.276	7.394
20:1	g	0.010	0	0.009	0.015
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	0.400	0.691
18:2	g	0.350	0	0.298	0.514
18:3	g	0.030	0	0.026	0.044
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.051	0.088
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	76	0	65	112
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.273	0.472
Threonine	g	1.250	0	1.063	1.837
Isoleucine	g	1.287	0	1.094	1.892
Leucine	g	2.262	0	1.923	3.325
Lysine	g	2.381	0	2.024	3.500
Methionine	g	0.733	0	0.623	1.078
Cystine	g	0.321	0	0.273	0.472
Phenylalanine	g	1.117	0	0.949	1.642
Tyrosine	g	0.962	0	0.818	1.414
Valine	g	1.392	0	1.183	2.046
Arginine	g	1.809	0	1.538	2.659
Histidine	g	0.980	0	0.833	1.441
Alanine	g	1.726	0	1.467	2.537
Aspartic acid	g	2.615	0	2.223	3.844
Glutamic acid	g	4.300	0	3.655	6.321
Glycine	g	1.561	0	1.327	2.295
Proline	g	1.264	0	1.074	1.858
Serine	g	1.094	0	0.930	1.608
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 261 g; yields excluding refuse

NDB No. 13277 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.46		0	17.99	287.85	
Energy	kcal	217		0	62	984	
Energy	kj	908		0	257	4119	
Protein (N x 5.95)	g	19.15		0	5.43	86.86	
Total lipid (fat)	g	15.04		0	4.26	68.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.38		0	0.67	10.80	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	186		0	53	844	
Potassium	mg	314		0	89	1424	
Sodium	mg	53		0	15	240	
Zinc	mg	3.64		0	1.03	16.51	
Copper	mg	0.086		0	0.024	0.390	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	3.220		0	0.913	14.606	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.90		0	0.82	13.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.010		0	1.704	27.261	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.470		0	0.133	2.132	
15.0	g						
16:0	g	3.620		0	1.026	16.420	
17:0	g						
18:0	g	1.830		0	0.519	8.301	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.420	0	1.820	29.121
14:1	g				
16:1	g	0.730	0	0.207	3.311
18:1	g	5.680	0	1.610	25.764
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.590	0	0.167	2.676
18:2	g	0.380	0	0.108	1.724
18:3	g	0.180	0	0.051	0.816
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.215	0	0.061	0.975
Threonine	g	0.837	0	0.237	3.797
Isoleucine	g	0.861	0	0.244	3.905
Leucine	g	1.514	0	0.429	6.868
Lysine	g	1.594	0	0.452	7.230
Methionine	g	0.490	0	0.139	2.223
Cystine	g	0.215	0	0.061	0.975
Phenylalanine	g	0.748	0	0.212	3.393
Tyrosine	g	0.644	0	0.183	2.921
Valine	g	0.932	0	0.264	4.228
Arginine	g	1.210	0	0.343	5.489
Histidine	g	0.656	0	0.186	2.976
Alanine	g	1.155	0	0.327	5.239
Aspartic acid	g	1.750	0	0.496	7.938
Glutamic acid	g	2.878	0	0.816	13.055
Glycine	g	1.045	0	0.296	4.740
Proline	g	0.846	0	0.240	3.837
Serine	g	0.732	0	0.208	3.320
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13278 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 306g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.53		0	172.98	48.05	
Energy	kcal	258		0	789	219	
Energy	kj	1079		0	3302	917	
Protein (N x 5.95)	g	27.81		0	85.10	23.64	
Total lipid (fat)	g	15.41		0	47.15	13.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	3.83	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.06		0	9.36	2.60	
Magnesium	mg	29		0	89	25	
Phosphorus	mg	222		0	679	189	
Potassium	mg	366		0	1120	311	
Sodium	mg	63		0	193	54	
Zinc	mg	5.85		0	17.90	4.97	
Copper	mg	0.133		0	0.407	0.113	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.337	0.094	
Riboflavin	mg	0.270		0	0.826	0.230	
Niacin	mg	3.930		0	12.026	3.341	
Pantothenic acid	mg	0.360		0	1.102	0.306	
Vitamin B-6	mg	0.410		0	1.255	0.349	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	2.69		0	8.23	2.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.551	0.153	
Lipids:							
Saturated, total	g	6.140		0	18.788	5.219	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.122	0.034	
12:0	g	0.040		0	0.122	0.034	
14:0	g	0.470		0	1.438	0.400	
15.0	g						
16:0	g	3.720		0	11.383	3.162	
17:0	g						
18:0	g	1.880		0	5.753	1.598	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.630	0	20.288	5.635
14:1	g				
16:1	g	0.600	0	1.836	0.510
18:1	g	6.000	0	18.360	5.100
20:1	g	0.030	0	0.092	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.805	0.501
18:2	g	0.400	0	1.224	0.340
18:3	g	0.150	0	0.459	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.122	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	275	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.311	0	0.952	0.264
Threonine	g	1.215	0	3.718	1.033
Isoleucine	g	1.250	0	3.825	1.063
Leucine	g	2.198	0	6.726	1.868
Lysine	g	2.313	0	7.078	1.966
Methionine	g	0.712	0	2.179	0.605
Cystine	g	0.311	0	0.952	0.264
Phenylalanine	g	1.086	0	3.323	0.923
Tyrosine	g	0.934	0	2.858	0.794
Valine	g	1.352	0	4.137	1.149
Arginine	g	1.757	0	5.376	1.493
Histidine	g	0.952	0	2.913	0.809
Alanine	g	1.677	0	5.132	1.425
Aspartic acid	g	2.540	0	7.772	2.159
Glutamic acid	g	4.177	0	12.782	3.550
Glycine	g	1.517	0	4.642	1.289
Proline	g	1.228	0	3.758	1.044
Serine	g	1.063	0	3.253	0.904
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13279 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.70		0	17.78	284.41	
Energy	kcal	227		0	64	1030	
Energy	kj	950		0	269	4309	
Protein (N x 5.95)	g	19.02		0	5.39	86.27	
Total lipid (fat)	g	16.20		0	4.59	73.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	0.27	4.26	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	2.36		0	0.67	10.70	
Magnesium	mg	20		0	6	91	
Phosphorus	mg	184		0	52	835	
Potassium	mg	311		0	88	1411	
Sodium	mg	53		0	15	240	
Zinc	mg	3.61		0	1.02	16.37	
Copper	mg	0.085		0	0.024	0.386	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.200		0	0.057	0.907	
Niacin	mg	3.200		0	0.907	14.515	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.390		0	0.111	1.769	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.88		0	0.82	13.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.460		0	1.831	29.303	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.040		0	0.011	0.181	
14:0	g	0.510		0	0.145	2.313	
15.0	g						
16:0	g	3.890		0	1.103	17.645	
17:0	g						
18:0	g	1.980		0	0.561	8.981	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.910	0	1.959	31.344
14:1	g				
16:1	g	0.780	0	0.221	3.538
18:1	g	6.110	0	1.732	27.715
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.630	0	0.179	2.858
18:2	g	0.410	0	0.116	1.860
18:3	g	0.190	0	0.054	0.862
18:4	g				
20:4	g	0.030	0	0.009	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.060	0.966
Threonine	g	0.831	0	0.236	3.769
Isoleucine	g	0.855	0	0.242	3.878
Leucine	g	1.504	0	0.426	6.822
Lysine	g	1.583	0	0.449	7.180
Methionine	g	0.487	0	0.138	2.209
Cystine	g	0.213	0	0.060	0.966
Phenylalanine	g	0.743	0	0.211	3.370
Tyrosine	g	0.639	0	0.181	2.899
Valine	g	0.925	0	0.262	4.196
Arginine	g	1.202	0	0.341	5.452
Histidine	g	0.651	0	0.185	2.953
Alanine	g	1.147	0	0.325	5.203
Aspartic acid	g	1.738	0	0.493	7.884
Glutamic acid	g	2.858	0	0.810	12.964
Glycine	g	1.038	0	0.294	4.708
Proline	g	0.840	0	0.238	3.810
Serine	g	0.727	0	0.206	3.298
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13280 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 306g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.58		0	170.07	47.24	
Energy	kcal	269		0	823	229	
Energy	kj	1125		0	3443	956	
Protein (N x 5.95)	g	27.61		0	84.49	23.47	
Total lipid (fat)	g	16.73		0	51.19	14.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24		0	3.79	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.04		0	9.30	2.58	
Magnesium	mg	28		0	86	24	
Phosphorus	mg	220		0	673	187	
Potassium	mg	363		0	1111	309	
Sodium	mg	62		0	190	53	
Zinc	mg	5.80		0	17.75	4.93	
Copper	mg	0.132		0	0.404	0.112	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.337	0.094	
Riboflavin	mg	0.270		0	0.826	0.230	
Niacin	mg	3.900		0	11.934	3.315	
Pantothenic acid	mg	0.350		0	1.071	0.298	
Vitamin B-6	mg	0.410		0	1.255	0.349	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	2.68		0	8.20	2.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.643	0.179	
Lipids:							
Saturated, total	g	6.670		0	20.410	5.670	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.122	0.034	
12:0	g	0.040		0	0.122	0.034	
14:0	g	0.510		0	1.561	0.434	
15.0	g						
16:0	g	4.030		0	12.332	3.426	
17:0	g						
18:0	g	2.050		0	6.273	1.742	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.190	0	22.001	6.111
14:1	g				
16:1	g	0.650	0	1.989	0.553
18:1	g	6.510	0	19.921	5.534
20:1	g	0.030	0	0.092	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	1.958	0.544
18:2	g	0.440	0	1.346	0.374
18:3	g	0.160	0	0.490	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.122	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	275	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.946	0.263
Threonine	g	1.206	0	3.690	1.025
Isoleucine	g	1.241	0	3.797	1.055
Leucine	g	2.182	0	6.677	1.855
Lysine	g	2.297	0	7.029	1.952
Methionine	g	0.707	0	2.163	0.601
Cystine	g	0.309	0	0.946	0.263
Phenylalanine	g	1.078	0	3.299	0.916
Tyrosine	g	0.928	0	2.840	0.789
Valine	g	1.343	0	4.110	1.142
Arginine	g	1.745	0	5.340	1.483
Histidine	g	0.945	0	2.892	0.803
Alanine	g	1.665	0	5.095	1.415
Aspartic acid	g	2.522	0	7.717	2.144
Glutamic acid	g	4.148	0	12.693	3.526
Glycine	g	1.506	0	4.608	1.280
Proline	g	1.219	0	3.730	1.036
Serine	g	1.056	0	3.231	0.898
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Refuse: 2% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 307g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.44		0	148.71	41.17	
Energy	kcal	326		0	1001	277	
Energy	kj	1364		0	4187	1159	
Protein (N x 5.95)	g	28.11		0	86.30	23.89	
Total lipid (fat)	g	22.84		0	70.12	19.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	3.84	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	37	10	
Iron	mg	3.33		0	10.22	2.83	
Magnesium	mg	28		0	86	24	
Phosphorus	mg	229		0	703	195	
Potassium	mg	396		0	1216	337	
Sodium	mg	70		0	215	60	
Zinc	mg	5.40		0	16.58	4.59	
Copper	mg	0.128		0	0.393	0.109	
Manganese	mg	0.017		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.368	0.102	
Riboflavin	mg	0.280		0	0.860	0.238	
Niacin	mg	3.750		0	11.512	3.188	
Pantothenic acid	mg	0.380		0	1.167	0.323	
Vitamin B-6	mg	0.430		0	1.320	0.366	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	3.28		0	10.07	2.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.645	0.179	
Lipids:							
Saturated, total	g	8.910		0	27.354	7.574	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.184	0.051	
12:0	g	0.050		0	0.154	0.043	
14:0	g	0.670		0	2.057	0.570	
15.0	g						
16:0	g	5.360		0	16.455	4.556	
17:0	g						
18:0	g	2.640		0	8.105	2.244	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.640	0	29.595	8.194
14:1	g				
16:1	g	0.860	0	2.640	0.731
18:1	g	8.670	0	26.617	7.370
20:1	g	0.040	0	0.123	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.740	0	5.342	1.479
18:2	g	1.350	0	4.145	1.148
18:3	g	0.330	0	1.013	0.281
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.123	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	98	0	301	83
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.315	0	0.967	0.268
Threonine	g	1.228	0	3.770	1.044
Isoleucine	g	1.264	0	3.880	1.074
Leucine	g	2.222	0	6.822	1.889
Lysine	g	2.339	0	7.181	1.988
Methionine	g	0.720	0	2.210	0.612
Cystine	g	0.315	0	0.967	0.268
Phenylalanine	g	1.098	0	3.371	0.933
Tyrosine	g	0.945	0	2.901	0.803
Valine	g	1.367	0	4.197	1.162
Arginine	g	1.777	0	5.455	1.510
Histidine	g	0.963	0	2.956	0.819
Alanine	g	1.696	0	5.207	1.442
Aspartic acid	g	2.568	0	7.884	2.183
Glutamic acid	g	4.224	0	12.968	3.590
Glycine	g	1.534	0	4.709	1.304
Proline	g	1.242	0	3.813	1.056
Serine	g	1.075	0	3.300	0.914
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13282 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, select, raw

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.23		0	18.21	291.35	
Energy	kcal	207		0	59	939	
Energy	kj	866		0	246	3928	
Protein (N x 5.95)	g	19.28		0	5.47	87.45	
Total lipid (fat)	g	13.78		0	3.91	62.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	0.27	4.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	2.40		0	0.68	10.89	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	187		0	53	848	
Potassium	mg	317		0	90	1438	
Sodium	mg	54		0	15	245	
Zinc	mg	3.67		0	1.04	16.65	
Copper	mg	0.087		0	0.025	0.395	
Manganese	mg	0.013		0	0.004	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	3.240		0	0.919	14.697	
Pantothenic acid	mg	0.320		0	0.091	1.452	
Vitamin B-6	mg	0.400		0	0.113	1.814	
Folate	µg	7		0	2	32	
Vitamin B-12	µg	2.91		0	0.82	13.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.520		0	1.565	25.039	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.030		0	0.009	0.136	
14:0	g	0.430		0	0.122	1.950	
15.0	g						
16:0	g	3.330		0	0.944	15.105	
17:0	g						
18:0	g	1.680		0	0.476	7.620	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.890	0	1.670	26.717
14:1	g				
16:1	g	0.680	0	0.193	3.084
18:1	g	5.200	0	1.474	23.587
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.530	0	0.150	2.404
18:2	g	0.340	0	0.096	1.542
18:3	g	0.170	0	0.048	0.771
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.980
Threonine	g	0.842	0	0.239	3.819
Isoleucine	g	0.867	0	0.246	3.933
Leucine	g	1.524	0	0.432	6.913
Lysine	g	1.604	0	0.455	7.276
Methionine	g	0.494	0	0.140	2.241
Cystine	g	0.216	0	0.061	0.980
Phenylalanine	g	0.753	0	0.213	3.416
Tyrosine	g	0.648	0	0.184	2.939
Valine	g	0.938	0	0.266	4.255
Arginine	g	1.219	0	0.346	5.529
Histidine	g	0.660	0	0.187	2.994
Alanine	g	1.163	0	0.330	5.275
Aspartic acid	g	1.762	0	0.500	7.992
Glutamic acid	g	2.897	0	0.821	13.141
Glycine	g	1.052	0	0.298	4.772
Proline	g	0.852	0	0.242	3.865
Serine	g	0.737	0	0.209	3.343
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13283 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 5% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 306g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.58		0	176.19	48.94	
Energy	kcal	245		0	750	208	
Energy	kj	1025		0	3137	871	
Protein (N x 5.95)	g	28.00		0	85.68	23.80	
Total lipid (fat)	g	13.90		0	42.53	11.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		0	3.86	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	3.08		0	9.42	2.62	
Magnesium	mg	29		0	89	25	
Phosphorus	mg	224		0	685	190	
Potassium	mg	369		0	1129	314	
Sodium	mg	63		0	193	54	
Zinc	mg	5.91		0	18.08	5.02	
Copper	mg	0.134		0	0.410	0.114	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.337	0.094	
Riboflavin	mg	0.270		0	0.826	0.230	
Niacin	mg	3.950		0	12.087	3.357	
Pantothenic acid	mg	0.360		0	1.102	0.306	
Vitamin B-6	mg	0.410		0	1.255	0.349	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	2.70		0	8.26	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.643	0.179	
Lipids:							
Saturated, total	g	5.540		0	16.952	4.709	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.092	0.026	
12:0	g	0.040		0	0.122	0.034	
14:0	g	0.430		0	1.316	0.366	
15.0	g						
16:0	g	3.360		0	10.282	2.856	
17:0	g						
18:0	g	1.690		0	5.171	1.437	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.980	0	18.299	5.083
14:1	g				
16:1	g	0.550	0	1.683	0.468
18:1	g	5.410	0	16.555	4.599
20:1	g	0.030	0	0.092	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.530	0	1.622	0.451
18:2	g	0.360	0	1.102	0.306
18:3	g	0.140	0	0.428	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.092	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	275	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.961	0.267
Threonine	g	1.223	0	3.742	1.040
Isoleucine	g	1.259	0	3.853	1.070
Leucine	g	2.213	0	6.772	1.881
Lysine	g	2.330	0	7.130	1.981
Methionine	g	0.717	0	2.194	0.609
Cystine	g	0.314	0	0.961	0.267
Phenylalanine	g	1.093	0	3.345	0.929
Tyrosine	g	0.941	0	2.879	0.800
Valine	g	1.362	0	4.168	1.158
Arginine	g	1.770	0	5.416	1.504
Histidine	g	0.959	0	2.935	0.815
Alanine	g	1.689	0	5.168	1.436
Aspartic acid	g	2.558	0	7.827	2.174
Glutamic acid	g	4.207	0	12.873	3.576
Glycine	g	1.528	0	4.676	1.299
Proline	g	1.237	0	3.785	1.051
Serine	g	1.071	0	3.277	0.910
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13286 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 20% Connective tissue 5%, separable fat 15%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.70		1	20.33	325.23	
Energy	kcal	130		0	37	590	
Energy	kj	544		0	154	2468	
Protein (N x 5.95)	g	21.24	0.214	24	6.02	96.34	
Total lipid (fat)	g	4.40		1	1.25	19.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.028	15	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.527	11	2	32	
Iron	mg	2.69	0.083	49	0.76	12.20	
Magnesium	mg	24	0.455	21	7	109	
Phosphorus	mg	208	5.941	11	59	943	
Potassium	mg	361	9.108	22	102	1637	
Sodium	mg	58	2.489	22	16	263	
Zinc	mg	4.14	0.127	20	1.17	18.78	
Copper	mg	0.096	0.004	18	0.027	0.435	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg	19.8	1.456	25	5.6	89.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.007	19	0.037	0.590	
Riboflavin	mg	0.230	0.007	19	0.065	1.043	
Niacin	mg	3.560	0.175	19	1.009	16.148	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8	0.882	10	2	36	
Vitamin B-12	µg	3.17	0.286	19	0.90	14.38	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	1.540		0	0.437	6.985	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		18	0.000	0.000	
12:0	g	0.000		18	0.000	0.000	
14:0	g	0.100		18	0.028	0.454	
15.0	g						
16:0	g	0.930		18	0.264	4.218	
17:0	g						
18:0	g	0.510		18	0.145	2.313	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.750		0	0.496	7.938
14:1	g					
16:1	g	0.130		18	0.037	0.590
18:1	g	1.620		18	0.459	7.348
20:1	g	0.000		18	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.210		0	0.060	0.953
18:2	g	0.170		18	0.048	0.771
18:3	g	0.010		18	0.003	0.045
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		18	0.009	0.136
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	61	0.870	18	17	277
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.238		0	0.067	1.080
Threonine	g	0.928		0	0.263	4.209
Isoleucine	g	0.955		0	0.271	4.332
Leucine	g	1.679		0	0.476	7.616
Lysine	g	1.767		0	0.501	8.015
Methionine	g	0.544		0	0.154	2.468
Cystine	g	0.238		0	0.067	1.080
Phenylalanine	g	0.829		0	0.235	3.760
Tyrosine	g	0.714		0	0.202	3.239
Valine	g	1.033		0	0.293	4.686
Arginine	g	1.342		0	0.380	6.087
Histidine	g	0.727		0	0.206	3.298
Alanine	g	1.281		0	0.363	5.811
Aspartic acid	g	1.940		0	0.550	8.800
Glutamic acid	g	3.191		0	0.905	14.474
Glycine	g	1.159		0	0.329	5.257
Proline	g	0.938		0	0.266	4.255
Serine	g	0.812		0	0.230	3.683
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13287 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Refuse: 17% 5% connective tissue, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.20		1	166.07	52.87	
Energy	kcal	195		0	521	166	
Energy	kj	816		0	2179	694	
Protein (N x 5.95)	g	30.37	0.773	11	81.09	25.81	
Total lipid (fat)	g	7.20		1	19.22	6.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37	0.033	11	3.66	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.896	11	29	9	
Iron	mg	3.36	0.170	11	8.97	2.86	
Magnesium	mg	32	0.853	11	85	27	
Phosphorus	mg	244		1	651	207	
Potassium	mg	403	16.682	11	1076	343	
Sodium	mg	66	5.493	11	176	56	
Zinc	mg	6.52	0.273	8	17.41	5.54	
Copper	mg	0.146	0.008	8	0.390	0.124	
Manganese	mg	0.017		1	0.045	0.014	
Selenium	µg	32.9	2.351	26	87.8	28.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.009	11	0.347	0.111	
Riboflavin	mg	0.290	0.017	7	0.774	0.247	
Niacin	mg	4.280	0.189	11	11.428	3.638	
Pantothenic acid	mg	0.390		1	1.041	0.331	
Vitamin B-6	mg	0.450		1	1.202	0.383	
Folate	µg	10	1.172	11	27	9	
Vitamin B-12	µg	2.85	0.407	11	7.61	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.374	0.119	
Lipids:							
Saturated, total	g	2.800		0	7.476	2.380	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.010		8	0.027	0.009	
14:0	g	0.190		8	0.507	0.161	
15.0	g						
16:0	g	1.620		8	4.325	1.377	
17:0	g						
18:0	g	0.990		8	2.643	0.842	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.070		0	8.197	2.609
14:1	g					
16:1	g	0.220		8	0.587	0.187
18:1	g	2.840		8	7.583	2.414
20:1	g	0.010		8	0.027	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.280		0	0.748	0.238
18:2	g	0.220		8	0.587	0.187
18:3	g	0.020		8	0.053	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.107	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	89	4.113	8	238	76
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340		0	0.908	0.289
Threonine	g	1.327		0	3.543	1.128
Isoleucine	g	1.365		0	3.645	1.160
Leucine	g	2.400		0	6.408	2.040
Lysine	g	2.527		0	6.747	2.148
Methionine	g	0.777		0	2.075	0.660
Cystine	g	0.340		0	0.908	0.289
Phenylalanine	g	1.186		0	3.167	1.008
Tyrosine	g	1.020		0	2.723	0.867
Valine	g	1.477		0	3.944	1.255
Arginine	g	1.919		0	5.124	1.631
Histidine	g	1.040		0	2.777	0.884
Alanine	g	1.832		0	4.891	1.557
Aspartic acid	g	2.774		0	7.407	2.358
Glutamic acid	g	4.563		0	12.183	3.879
Glycine	g	1.657		0	4.424	1.408
Proline	g	1.341		0	3.580	1.140
Serine	g	1.161		0	3.100	0.987
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse
Measure 2: 3 oz

NDB No. 13288 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 21% Connective tissue 5%, separable fat 16%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.40		1	20.24	323.87	
Energy	kcal	136		0	39	617	
Energy	kj	569		0	161	2581	
Protein (N x 5.95)	g	21.24		1	6.02	96.34	
Total lipid (fat)	g	5.00		1	1.42	22.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		1	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	32	
Iron	mg	2.69		1	0.76	12.20	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	208		1	59	943	
Potassium	mg	361		1	102	1637	
Sodium	mg	58		1	16	263	
Zinc	mg	4.14		1	1.17	18.78	
Copper	mg	0.096		1	0.027	0.435	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.037	0.590	
Riboflavin	mg	0.230		1	0.065	1.043	
Niacin	mg	3.560		1	1.009	16.148	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.17		1	0.90	14.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	1.760		0	0.499	7.983	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		18	0.000	0.000	
12:0	g	0.000		18	0.000	0.000	
14:0	g	0.120		18	0.034	0.544	
15.0	g						
16:0	g	1.060		18	0.301	4.808	
17:0	g						
18:0	g	0.580		18	0.164	2.631	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.990	0	0.564	9.027
14:1	g				
16:1	g	0.150	18	0.043	0.680
18:1	g	1.840	18	0.522	8.346
20:1	g	0.000	18	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.068	1.089
18:2	g	0.190	18	0.054	0.862
18:3	g	0.010	18	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	18	0.011	0.181
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	61	1	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.238	0	0.067	1.080
Threonine	g	0.928	0	0.263	4.209
Isoleucine	g	0.955	0	0.271	4.332
Leucine	g	1.679	0	0.476	7.616
Lysine	g	1.767	0	0.501	8.015
Methionine	g	0.544	0	0.154	2.468
Cystine	g	0.238	0	0.067	1.080
Phenylalanine	g	0.829	0	0.235	3.760
Tyrosine	g	0.714	0	0.202	3.239
Valine	g	1.033	0	0.293	4.686
Arginine	g	1.342	0	0.380	6.087
Histidine	g	0.727	0	0.206	3.298
Alanine	g	1.281	0	0.363	5.811
Aspartic acid	g	1.940	0	0.550	8.800
Glutamic acid	g	3.191	0	0.905	14.474
Glycine	g	1.159	0	0.329	5.257
Proline	g	0.938	0	0.266	4.255
Serine	g	0.812	0	0.230	3.683
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13289 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 18% 5% connective tissue, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 264g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.60		0	162.62	52.36	
Energy	kcal	202		0	533	172	
Energy	kj	845		0	2231	718	
Protein (N x 5.95)	g	30.37		0	80.18	25.81	
Total lipid (fat)	g	8.00		0	21.12	6.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	3.62	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	3.36		0	8.87	2.86	
Magnesium	mg	32		0	84	27	
Phosphorus	mg	244		0	644	207	
Potassium	mg	403		0	1064	343	
Sodium	mg	66		0	174	56	
Zinc	mg	6.52		0	17.21	5.54	
Copper	mg	0.146		0	0.385	0.124	
Manganese	mg	0.017		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.343	0.111	
Riboflavin	mg	0.290		0	0.766	0.247	
Niacin	mg	4.280		0	11.299	3.638	
Pantothenic acid	mg	0.390		0	1.030	0.331	
Vitamin B-6	mg	0.450		0	1.188	0.383	
Folate	µg	10		0	26	9	
Vitamin B-12	µg	2.85		0	7.52	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.370	0.119	
Lipids:							
Saturated, total	g	3.110		0	8.210	2.643	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.009	
14:0	g	0.210		0	0.554	0.179	
15.0	g						
16:0	g	1.800		0	4.752	1.530	
17:0	g						
18:0	g	1.100		0	2.904	0.935	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.410	0	9.002	2.899
14:1	g				
16:1	g	0.250	0	0.660	0.213
18:1	g	3.150	0	8.316	2.678
20:1	g	0.010	0	0.026	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.310	0	0.818	0.264
18:2	g	0.250	0	0.660	0.213
18:3	g	0.020	0	0.053	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.132	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	89	0	235	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.898	0.289
Threonine	g	1.327	0	3.503	1.128
Isoleucine	g	1.365	0	3.604	1.160
Leucine	g	2.400	0	6.336	2.040
Lysine	g	2.527	0	6.671	2.148
Methionine	g	0.777	0	2.051	0.660
Cystine	g	0.340	0	0.898	0.289
Phenylalanine	g	1.186	0	3.131	1.008
Tyrosine	g	1.020	0	2.693	0.867
Valine	g	1.477	0	3.899	1.255
Arginine	g	1.919	0	5.066	1.631
Histidine	g	1.040	0	2.746	0.884
Alanine	g	1.832	0	4.836	1.557
Aspartic acid	g	2.774	0	7.323	2.358
Glutamic acid	g	4.563	0	12.046	3.879
Glycine	g	1.657	0	4.374	1.408
Proline	g	1.341	0	3.540	1.140
Serine	g	1.161	0	3.065	0.987
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13290 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Refuse: 21% 2% connective tissue, 19% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.91	0.338	4	138.10	47.52	
Energy	kcal	238		0	588	202	
Energy	kj	996		0	2460	847	
Protein (N x 5.95)	g	32.48	0.137	4	80.23	27.61	
Total lipid (fat)	g	10.97	0.394	4	27.10	9.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		1	3.58	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	27	9	
Iron	mg	3.90		1	9.63	3.31	
Magnesium	mg	33		1	82	28	
Phosphorus	mg	267		1	659	227	
Potassium	mg	465		1	1149	395	
Sodium	mg	77		1	190	65	
Zinc	mg	6.40		1	15.81	5.44	
Copper	mg	0.149		1	0.368	0.127	
Manganese	mg	0.019		1	0.047	0.016	
Selenium	µg	23.6	1.281	28	58.3	20.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		1	0.346	0.119	
Riboflavin	mg	0.330		1	0.815	0.281	
Niacin	mg	4.300		1	10.621	3.655	
Pantothenic acid	mg	0.430		1	1.062	0.366	
Vitamin B-6	mg	0.500		1	1.235	0.425	
Folate	µg	10		1	25	9	
Vitamin B-12	µg	3.69		1	9.11	3.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.346	0.119	
Lipids:							
Saturated, total	g	4.020		0	9.929	3.417	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		1	0.025	0.009	
12:0	g	0.010		1	0.025	0.009	
14:0	g	0.250		1	0.618	0.213	
15.0	g						
16:0	g	2.260		1	5.582	1.921	
17:0	g						
18:0	g	1.340		1	3.310	1.139	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.430	0	10.942	3.765
14:1	g				
16:1	g	0.290	1	0.716	0.247
18:1	g	4.050	1	10.003	3.442
20:1	g	0.010	1	0.025	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.510	0	3.730	1.283
18:2	g	1.280	1	3.162	1.088
18:3	g	0.150	1	0.371	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	1	0.124	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	1	245	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.364	0	0.899	0.309
Threonine	g	1.419	0	3.505	1.206
Isoleucine	g	1.460	0	3.606	1.241
Leucine	g	2.567	0	6.340	2.182
Lysine	g	2.702	0	6.674	2.297
Methionine	g	0.831	0	2.053	0.706
Cystine	g	0.364	0	0.899	0.309
Phenylalanine	g	1.268	0	3.132	1.078
Tyrosine	g	1.091	0	2.695	0.927
Valine	g	1.580	0	3.903	1.343
Arginine	g	2.053	0	5.071	1.745
Histidine	g	1.112	0	2.747	0.945
Alanine	g	1.959	0	4.839	1.665
Aspartic acid	g	2.967	0	7.328	2.522
Glutamic acid	g	4.880	0	12.054	4.148
Glycine	g	1.772	0	4.377	1.506
Proline	g	1.434	0	3.542	1.219
Serine	g	1.242	0	3.068	1.056
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13291 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, raw

Refuse: 19% Connective tissue 5%, separable fat 14%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.00		1	20.41	326.59	
Energy	kcal	124		0	35	562	
Energy	kj	519		0	147	2354	
Protein (N x 5.95)	g	21.24		1	6.02	96.34	
Total lipid (fat)	g	3.70		1	1.05	16.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		1	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	32	
Iron	mg	2.69		1	0.76	12.20	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	208		1	59	943	
Potassium	mg	361		1	102	1637	
Sodium	mg	58		1	16	263	
Zinc	mg	4.14		1	1.17	18.78	
Copper	mg	0.096		1	0.027	0.435	
Manganese	mg	0.014		1	0.004	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		1	0.037	0.590	
Riboflavin	mg	0.230		1	0.065	1.043	
Niacin	mg	3.560		1	1.009	16.148	
Pantothenic acid	mg	0.360		1	0.102	1.633	
Vitamin B-6	mg	0.440		1	0.125	1.996	
Folate	µg	8		1	2	36	
Vitamin B-12	µg	3.17		1	0.90	14.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.037	0.590	
Lipids:							
Saturated, total	g	1.300		0	0.369	5.897	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		18	0.000	0.000	
12:0	g	0.000		18	0.000	0.000	
14:0	g	0.090		18	0.026	0.408	
15.0	g						
16:0	g	0.790		18	0.224	3.583	
17:0	g						
18:0	g	0.430		18	0.122	1.950	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	0.420	6.713
14:1	g				
16:1	g	0.110	18	0.031	0.499
18:1	g	1.370	18	0.388	6.214
20:1	g	0.000	18	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.051	0.816
18:2	g	0.140	18	0.040	0.635
18:3	g	0.010	18	0.003	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	18	0.009	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	61	1	17	277
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.238	0	0.067	1.080
Threonine	g	0.928	0	0.263	4.209
Isoleucine	g	0.955	0	0.271	4.332
Leucine	g	1.679	0	0.476	7.616
Lysine	g	1.767	0	0.501	8.015
Methionine	g	0.544	0	0.154	2.468
Cystine	g	0.238	0	0.067	1.080
Phenylalanine	g	0.829	0	0.235	3.760
Tyrosine	g	0.714	0	0.202	3.239
Valine	g	1.033	0	0.293	4.686
Arginine	g	1.342	0	0.380	6.087
Histidine	g	0.727	0	0.206	3.298
Alanine	g	1.281	0	0.363	5.811
Aspartic acid	g	1.940	0	0.550	8.800
Glutamic acid	g	3.191	0	0.905	14.474
Glycine	g	1.159	0	0.329	5.257
Proline	g	0.938	0	0.266	4.255
Serine	g	0.812	0	0.230	3.683
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13292 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 17% 5% connective tissue, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.90		0	167.94	53.47	
Energy	kcal	186		0	497	158	
Energy	kj	778		0	2077	661	
Protein (N x 5.95)	g	30.37		0	81.09	25.81	
Total lipid (fat)	g	6.20		0	16.55	5.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	3.66	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	3.36		0	8.97	2.86	
Magnesium	mg	32		0	85	27	
Phosphorus	mg	244		0	651	207	
Potassium	mg	403		0	1076	343	
Sodium	mg	66		0	176	56	
Zinc	mg	6.52		0	17.41	5.54	
Copper	mg	0.146		0	0.390	0.124	
Manganese	mg	0.017		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.347	0.111	
Riboflavin	mg	0.290		0	0.774	0.247	
Niacin	mg	4.280		0	11.428	3.638	
Pantothenic acid	mg	0.390		0	1.041	0.331	
Vitamin B-6	mg	0.450		0	1.202	0.383	
Folate	µg	10		0	27	9	
Vitamin B-12	µg	2.85		0	7.61	2.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.374	0.119	
Lipids:							
Saturated, total	g	2.410		0	6.435	2.049	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.027	0.009	
14:0	g	0.160		0	0.427	0.136	
15.0	g						
16:0	g	1.390		0	3.711	1.182	
17:0	g						
18:0	g	0.850		0	2.269	0.723	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.640	0	7.049	2.244
14:1	g				
16:1	g	0.190	0	0.507	0.161
18:1	g	2.440	0	6.515	2.074
20:1	g	0.010	0	0.027	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.641	0.204
18:2	g	0.190	0	0.507	0.161
18:3	g	0.010	0	0.027	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.107	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	89	0	238	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.908	0.289
Threonine	g	1.327	0	3.543	1.128
Isoleucine	g	1.365	0	3.645	1.160
Leucine	g	2.400	0	6.408	2.040
Lysine	g	2.527	0	6.747	2.148
Methionine	g	0.777	0	2.075	0.660
Cystine	g	0.340	0	0.908	0.289
Phenylalanine	g	1.186	0	3.167	1.008
Tyrosine	g	1.020	0	2.723	0.867
Valine	g	1.477	0	3.944	1.255
Arginine	g	1.919	0	5.124	1.631
Histidine	g	1.040	0	2.777	0.884
Alanine	g	1.832	0	4.891	1.557
Aspartic acid	g	2.774	0	7.407	2.358
Glutamic acid	g	4.563	0	12.183	3.879
Glycine	g	1.657	0	4.424	1.408
Proline	g	1.341	0	3.580	1.140
Serine	g	1.161	0	3.100	0.987
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13295 Beef, ground, extra lean, (approximately 17% fat), raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	63.19	0.391	92	17.91	71.40	
Energy	kcal	234		0	66	264	
Energy	kj	979		0	278	1106	
Protein (N x 5.95)	g	18.70	0.144	72	5.30	21.13	
Total lipid (fat)	g	17.06	0.488	89	4.84	19.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.034	6	0.26	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.344	45	2	8	
Iron	mg	1.95	0.039	54	0.55	2.20	
Magnesium	mg	20	0.357	46	6	23	
Phosphorus	mg	141		0	40	159	
Potassium	mg	284	4.637	46	81	321	
Sodium	mg	66	1.030	54	19	75	
Zinc	mg	4.14	0.079	46	1.17	4.68	
Copper	mg	0.072	0.002	45	0.020	0.081	
Manganese	mg	0.017	0.001	45	0.005	0.019	
Selenium	µg	13.9	0.515	23	3.9	15.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.017	0.068	
Riboflavin	mg	0.250		0	0.071	0.282	
Niacin	mg	4.530		0	1.284	5.119	
Pantothenic acid	mg	0.390		0	0.111	0.441	
Vitamin B-6	mg	0.260		0	0.074	0.294	
Folate	µg	8		0	2	9	
Vitamin B-12	µg	2.06		1	0.58	2.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.167		0	0.047	0.189	
Lipids:							
Saturated, total	g	6.810		0	1.931	7.695	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.006	0.023	
12:0	g	0.020		0	0.006	0.023	
14:0	g	0.470		0	0.133	0.531	
15.0	g						
16:0	g	3.910		0	1.108	4.418	
17:0	g						
18:0	g	2.040		0	0.578	2.305	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.410	0	2.101	8.373
14:1	g				
16:1	g	0.680	1	0.193	0.768
18:1	g	6.400	0	1.814	7.232
20:1	g	0.020	1	0.006	0.023
22.1	g	0.154	1	0.044	0.174
Polyunsaturated, total	g	0.710	0	0.201	0.802
18:2	g	0.530	0	0.150	0.599
18:3	g	0.070	0	0.020	0.079
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	1	0.023	0.090
20:5	g	0.029	1	0.008	0.033
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	69	0	20	78
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.230	10	0.065	0.260
Threonine	g	0.784	14	0.222	0.886
Isoleucine	g	0.802	14	0.227	0.906
Leucine	g	1.498	14	0.425	1.693
Lysine	g	1.561	14	0.443	1.764
Methionine	g	0.437	14	0.124	0.494
Cystine	g	0.179	10	0.051	0.202
Phenylalanine	g	0.709	14	0.201	0.801
Tyrosine	g	0.583	14	0.165	0.659
Valine	g	0.906	14	0.257	1.024
Arginine	g	1.262	14	0.358	1.426
Histidine	g	0.595	14	0.169	0.672
Alanine	g	1.220	14	0.346	1.379
Aspartic acid	g	1.708	14	0.484	1.930
Glutamic acid	g	2.940	14	0.833	3.322
Glycine	g	1.388	14	0.393	1.568
Proline	g	0.948	14	0.269	1.071
Serine	g	0.724	14	0.205	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13296 Beef, ground, extra lean, cooked, baked, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 345g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.64		0	202.31	49.84	
Energy	kcal	250		0	863	213	
Energy	kj	1046		0	3609	889	
Protein (N x 5.95)	g	24.47		0	84.42	20.80	
Total lipid (fat)	g	16.14		0	55.68	13.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.75		0	2.59	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	2.28		0	7.87	1.94	
Magnesium	mg	17		0	59	14	
Phosphorus	mg	124		0	428	105	
Potassium	mg	224		0	773	190	
Sodium	mg	49		0	169	42	
Zinc	mg	5.34		0	18.42	4.54	
Copper	mg	0.075		0	0.259	0.064	
Manganese	mg	0.015		0	0.052	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.138	0.034	
Riboflavin	mg	0.240		0	0.828	0.204	
Niacin	mg	4.160		0	14.352	3.536	
Pantothenic acid	mg	0.270		0	0.932	0.230	
Vitamin B-6	mg	0.220		0	0.759	0.187	
Folate	µg	9		0	31	8	
Vitamin B-12	µg	1.73		0	5.97	1.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.340		0	21.873	5.389	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.069	0.017	
12:0	g	0.020		0	0.069	0.017	
14:0	g	0.460		0	1.587	0.391	
15.0	g						
16:0	g	3.650		0	12.592	3.103	
17:0	g						
18:0	g	1.900		0	6.555	1.615	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.070	0	24.392	6.010
14:1	g				
16:1	g	0.600	0	2.070	0.510
18:1	g	6.180	0	21.321	5.253
20:1	g	0.010	0	0.035	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	2.070	0.510
18:2	g	0.440	0	1.518	0.374
18:3	g	0.070	0	0.242	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.207	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	283	70
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.274	0	0.945	0.233
Threonine	g	1.069	0	3.688	0.909
Isoleucine	g	1.100	0	3.795	0.935
Leucine	g	1.934	0	6.672	1.644
Lysine	g	2.036	0	7.024	1.731
Methionine	g	0.626	0	2.160	0.532
Cystine	g	0.274	0	0.945	0.233
Phenylalanine	g	0.955	0	3.295	0.812
Tyrosine	g	0.822	0	2.836	0.699
Valine	g	1.190	0	4.105	1.011
Arginine	g	1.546	0	5.334	1.314
Histidine	g	0.838	0	2.891	0.712
Alanine	g	1.476	0	5.092	1.255
Aspartic acid	g	2.235	0	7.711	1.900
Glutamic acid	g	3.676	0	12.682	3.125
Glycine	g	1.335	0	4.606	1.135
Proline	g	1.081	0	3.729	0.919
Serine	g	0.936	0	3.229	0.796
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13297 Beef, ground, extra lean, cooked, baked, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 268g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.66		0	141.13	44.76	
Energy	kcal	274		0	734	233	
Energy	kj	1146		0	3071	974	
Protein (N x 5.95)	g	30.30		0	81.20	25.75	
Total lipid (fat)	g	15.98		0	42.83	13.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	2.63	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	24	8	
Iron	mg	2.96		0	7.93	2.52	
Magnesium	mg	22		0	59	19	
Phosphorus	mg	162		0	434	138	
Potassium	mg	291		0	780	247	
Sodium	mg	64		0	172	54	
Zinc	mg	6.94		0	18.60	5.90	
Copper	mg	0.097		0	0.260	0.082	
Manganese	mg	0.020		0	0.054	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.134	0.043	
Riboflavin	mg	0.310		0	0.831	0.264	
Niacin	mg	5.410		0	14.499	4.599	
Pantothenic acid	mg	0.350		0	0.938	0.298	
Vitamin B-6	mg	0.290		0	0.777	0.247	
Folate	µg	11		0	29	9	
Vitamin B-12	µg	1.86		0	4.98	1.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.280		0	16.830	5.338	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.054	0.017	
12:0	g	0.020		0	0.054	0.017	
14:0	g	0.450		0	1.206	0.383	
15.0	g						
16:0	g	3.620		0	9.702	3.077	
17:0	g						
18:0	g	1.890		0	5.065	1.607	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.000	0	18.760	5.950
14:1	g				
16:1	g	0.600	0	1.608	0.510
18:1	g	6.120	0	16.402	5.202
20:1	g	0.010	0	0.027	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	1.608	0.510
18:2	g	0.440	0	1.179	0.374
18:3	g	0.070	0	0.188	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.161	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	107	0	287	91
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.339	0	0.909	0.288
Threonine	g	1.324	0	3.548	1.125
Isoleucine	g	1.362	0	3.650	1.158
Leucine	g	2.395	0	6.419	2.036
Lysine	g	2.521	0	6.756	2.143
Methionine	g	0.776	0	2.080	0.660
Cystine	g	0.339	0	0.909	0.288
Phenylalanine	g	1.183	0	3.170	1.006
Tyrosine	g	1.018	0	2.728	0.865
Valine	g	1.474	0	3.950	1.253
Arginine	g	1.915	0	5.132	1.628
Histidine	g	1.037	0	2.779	0.881
Alanine	g	1.828	0	4.899	1.554
Aspartic acid	g	2.768	0	7.418	2.353
Glutamic acid	g	4.552	0	12.199	3.869
Glycine	g	1.653	0	4.430	1.405
Proline	g	1.338	0	3.586	1.137
Serine	g	1.159	0	3.106	0.985
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13298 Beef, ground, extra lean, cooked, broiled, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 336g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.26		0	192.39	48.67	
Energy	kcal	256		0	860	218	
Energy	kj	1071		0	3599	910	
Protein (N x 5.95)	g	25.40		0	85.34	21.59	
Total lipid (fat)	g	16.33		0	54.87	13.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	3.39	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	2.35		0	7.90	2.00	
Magnesium	mg	21		0	71	18	
Phosphorus	mg	161		0	541	137	
Potassium	mg	313		0	1052	266	
Sodium	mg	70		0	235	60	
Zinc	mg	5.45		0	18.31	4.63	
Copper	mg	0.070		0	0.235	0.060	
Manganese	mg	0.016		0	0.054	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.202	0.051	
Riboflavin	mg	0.270		0	0.907	0.230	
Niacin	mg	4.960		0	16.666	4.216	
Pantothenic acid	mg	0.350		0	1.176	0.298	
Vitamin B-6	mg	0.270		0	0.907	0.230	
Folate	µg	9		0	30	8	
Vitamin B-12	µg	2.17		0	7.29	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.605	0.153	
Lipids:							
Saturated, total	g	6.420		0	21.571	5.457	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.067	0.017	
12:0	g	0.020		0	0.067	0.017	
14:0	g	0.460		0	1.546	0.391	
15.0	g						
16:0	g	3.690		0	12.398	3.136	
17:0	g						
18:0	g	1.930		0	6.485	1.640	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.150	0	24.024	6.077
14:1	g				
16:1	g	0.610	0	2.050	0.518
18:1	g	6.250	0	21.000	5.313
20:1	g	0.010	0	0.034	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	2.050	0.518
18:2	g	0.450	0	1.512	0.383
18:3	g	0.070	0	0.235	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.235	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	282	71
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.284	0	0.954	0.241
Threonine	g	1.109	0	3.726	0.943
Isoleucine	g	1.142	0	3.837	0.971
Leucine	g	2.008	0	6.747	1.707
Lysine	g	2.113	0	7.100	1.796
Methionine	g	0.650	0	2.184	0.553
Cystine	g	0.284	0	0.954	0.241
Phenylalanine	g	0.992	0	3.333	0.843
Tyrosine	g	0.853	0	2.866	0.725
Valine	g	1.235	0	4.150	1.050
Arginine	g	1.605	0	5.393	1.364
Histidine	g	0.870	0	2.923	0.740
Alanine	g	1.532	0	5.148	1.302
Aspartic acid	g	2.321	0	7.799	1.973
Glutamic acid	g	3.816	0	12.822	3.244
Glycine	g	1.386	0	4.657	1.178
Proline	g	1.122	0	3.770	0.954
Serine	g	0.971	0	3.263	0.825
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13299 Beef, ground, extra lean, cooked, broiled, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 281g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.87		0	151.37	45.79	
Energy	kcal	265		0	745	225	
Energy	kj	1109		0	3116	943	
Protein (N x 5.95)	g	28.58		0	80.31	24.29	
Total lipid (fat)	g	15.80		0	44.40	13.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	3.34	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	2.77		0	7.78	2.35	
Magnesium	mg	25		0	70	21	
Phosphorus	mg	190		0	534	162	
Potassium	mg	369		0	1037	314	
Sodium	mg	82		0	230	70	
Zinc	mg	6.43		0	18.07	5.47	
Copper	mg	0.083		0	0.233	0.071	
Manganese	mg	0.019		0	0.053	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.197	0.060	
Riboflavin	mg	0.320		0	0.899	0.272	
Niacin	mg	5.850		0	16.438	4.972	
Pantothenic acid	mg	0.420		0	1.180	0.357	
Vitamin B-6	mg	0.320		0	0.899	0.272	
Folate	µg	11		0	31	9	
Vitamin B-12	µg	2.56		0	7.19	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.506	0.153	
Lipids:							
Saturated, total	g	6.210		0	17.450	5.279	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.056	0.017	
12:0	g	0.020		0	0.056	0.017	
14:0	g	0.450		0	1.264	0.383	
15.0	g						
16:0	g	3.570		0	10.032	3.034	
17:0	g						
18:0	g	1.860		0	5.227	1.581	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.920	0	19.445	5.882
14:1	g				
16:1	g	0.590	0	1.658	0.501
18:1	g	6.050	0	17.000	5.143
20:1	g	0.010	0	0.028	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.658	0.501
18:2	g	0.440	0	1.236	0.374
18:3	g	0.070	0	0.197	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.169	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	0	278	84
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.320	0	0.899	0.272
Threonine	g	1.248	0	3.507	1.061
Isoleucine	g	1.285	0	3.611	1.092
Leucine	g	2.259	0	6.348	1.920
Lysine	g	2.378	0	6.682	2.021
Methionine	g	0.732	0	2.057	0.622
Cystine	g	0.320	0	0.899	0.272
Phenylalanine	g	1.116	0	3.136	0.949
Tyrosine	g	0.960	0	2.698	0.816
Valine	g	1.390	0	3.906	1.182
Arginine	g	1.806	0	5.075	1.535
Histidine	g	0.979	0	2.751	0.832
Alanine	g	1.724	0	4.844	1.465
Aspartic acid	g	2.611	0	7.337	2.219
Glutamic acid	g	4.294	0	12.066	3.650
Glycine	g	1.559	0	4.381	1.325
Proline	g	1.262	0	3.546	1.073
Serine	g	1.093	0	3.071	0.929
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13300 Beef, ground, extra lean, cooked, pan-fried, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.59		0	195.81	48.95	
Energy	kcal	255		0	867	217	
Energy	kj	1067		0	3628	907	
Protein (N x 5.95)	g	24.96		0	84.86	21.22	
Total lipid (fat)	g	16.42		0	55.83	13.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	3.50	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	2.36		0	8.02	2.01	
Magnesium	mg	21		0	71	18	
Phosphorus	mg	160		0	544	136	
Potassium	mg	312		0	1061	265	
Sodium	mg	70		0	238	60	
Zinc	mg	5.42		0	18.43	4.61	
Copper	mg	0.087		0	0.296	0.074	
Manganese	mg	0.016		0	0.054	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.204	0.051	
Riboflavin	mg	0.260		0	0.884	0.221	
Niacin	mg	4.710		0	16.014	4.003	
Pantothenic acid	mg	0.250		0	0.850	0.213	
Vitamin B-6	mg	0.270		0	0.918	0.230	
Folate	µg	9		0	31	8	
Vitamin B-12	µg	2.00		0	6.80	1.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.612	0.153	
Lipids:							
Saturated, total	g	6.450		0	21.930	5.482	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.068	0.017	
12:0	g	0.020		0	0.068	0.017	
14:0	g	0.470		0	1.598	0.400	
15.0	g						
16:0	g	3.720		0	12.648	3.162	
17:0	g						
18:0	g	1.940		0	6.596	1.649	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.190	0	24.446	6.111
14:1	g				
16:1	g	0.610	0	2.074	0.518
18:1	g	6.280	0	21.352	5.338
20:1	g	0.010	0	0.034	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	2.074	0.518
18:2	g	0.450	0	1.530	0.383
18:3	g	0.070	0	0.238	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.238	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	81	0	275	69
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.280	0	0.952	0.238
Threonine	g	1.090	0	3.706	0.927
Isoleucine	g	1.122	0	3.815	0.954
Leucine	g	1.973	0	6.708	1.677
Lysine	g	2.077	0	7.062	1.765
Methionine	g	0.639	0	2.173	0.543
Cystine	g	0.280	0	0.952	0.238
Phenylalanine	g	0.975	0	3.315	0.829
Tyrosine	g	0.839	0	2.853	0.713
Valine	g	1.214	0	4.128	1.032
Arginine	g	1.578	0	5.365	1.341
Histidine	g	0.855	0	2.907	0.727
Alanine	g	1.506	0	5.120	1.280
Aspartic acid	g	2.281	0	7.755	1.939
Glutamic acid	g	3.750	0	12.750	3.188
Glycine	g	1.362	0	4.631	1.158
Proline	g	1.102	0	3.747	0.937
Serine	g	0.955	0	3.247	0.812
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13301 Beef, ground, extra lean, cooked, pan-fried, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.93		0	159.09	45.84	
Energy	kcal	263		0	776	224	
Energy	kj	1100		0	3245	935	
Protein (N x 5.95)	g	27.99		0	82.57	23.79	
Total lipid (fat)	g	15.95		0	47.05	13.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	3.51	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	24	7	
Iron	mg	2.73		0	8.05	2.32	
Magnesium	mg	24		0	71	20	
Phosphorus	mg	185		0	546	157	
Potassium	mg	360		0	1062	306	
Sodium	mg	81		0	239	69	
Zinc	mg	6.27		0	18.50	5.33	
Copper	mg	0.101		0	0.298	0.086	
Manganese	mg	0.018		0	0.053	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.207	0.060	
Riboflavin	mg	0.300		0	0.885	0.255	
Niacin	mg	5.440		0	16.048	4.624	
Pantothenic acid	mg	0.290		0	0.856	0.247	
Vitamin B-6	mg	0.310		0	0.915	0.264	
Folate	µg	10		0	30	9	
Vitamin B-12	µg	2.32		0	6.84	1.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.270		0	18.496	5.329	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.059	0.017	
12:0	g	0.020		0	0.059	0.017	
14:0	g	0.450		0	1.327	0.383	
15.0	g						
16:0	g	3.610		0	10.649	3.068	
17:0	g						
18:0	g	1.880		0	5.546	1.598	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.980	0	20.591	5.933
14:1	g				
16:1	g	0.600	0	1.770	0.510
18:1	g	6.100	0	17.995	5.185
20:1	g	0.010	0	0.030	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.600	0	1.770	0.510
18:2	g	0.440	0	1.298	0.374
18:3	g	0.070	0	0.207	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.177	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	274	79
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.313	0	0.923	0.266
Threonine	g	1.222	0	3.605	1.039
Isoleucine	g	1.258	0	3.711	1.069
Leucine	g	2.212	0	6.525	1.880
Lysine	g	2.329	0	6.871	1.980
Methionine	g	0.716	0	2.112	0.609
Cystine	g	0.313	0	0.923	0.266
Phenylalanine	g	1.093	0	3.224	0.929
Tyrosine	g	0.940	0	2.773	0.799
Valine	g	1.361	0	4.015	1.157
Arginine	g	1.769	0	5.219	1.504
Histidine	g	0.958	0	2.826	0.814
Alanine	g	1.688	0	4.980	1.435
Aspartic acid	g	2.557	0	7.543	2.173
Glutamic acid	g	4.205	0	12.405	3.574
Glycine	g	1.527	0	4.505	1.298
Proline	g	1.236	0	3.646	1.051
Serine	g	1.070	0	3.157	0.910
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13302 Beef, ground, lean, (approximately 21% fat), raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	60.18	0.526	73	17.06	68.00	
Energy	kcal	264		0	75	298	
Energy	kj	1105		0	313	1249	
Protein (N x 5.95)	g	17.69	0.137	54	5.02	19.99	
Total lipid (fat)	g	20.67	0.595	73	5.86	23.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94	0.053	11	0.27	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.617	35	2	9	
Iron	mg	1.77	0.031	36	0.50	2.00	
Magnesium	mg	18	0.422	31	5	20	
Phosphorus	mg	136		0	39	154	
Potassium	mg	261	3.521	36	74	295	
Sodium	mg	69	0.898	36	20	78	
Zinc	mg	3.86	0.066	36	1.09	4.36	
Copper	mg	0.073	0.004	36	0.021	0.082	
Manganese	mg	0.015	0.001	35	0.004	0.017	
Selenium	µg	15.7	0.533	34	4.5	17.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.014	0.057	
Riboflavin	mg	0.210		0	0.060	0.237	
Niacin	mg	4.510		0	1.279	5.096	
Pantothenic acid	mg	0.370		0	0.105	0.418	
Vitamin B-6	mg	0.250		0	0.071	0.282	
Folate	µg	8		0	2	9	
Vitamin B-12	µg	2.34		1	0.66	2.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.184		0	0.052	0.208	
Lipids:							
Saturated, total	g	8.310		0	2.356	9.390	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.009	0.034	
12:0	g	0.020		0	0.006	0.023	
14:0	g	0.580		0	0.164	0.655	
15.0	g						
16:0	g	4.770		0	1.352	5.390	
17:0	g						
18:0	g	2.470		0	0.700	2.791	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.010	0	2.554	10.181
14:1	g				
16:1	g	0.840	0	0.238	0.949
18:1	g	7.760	0	2.200	8.769
20:1	g	0.020	0	0.006	0.023
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.850	0	0.241	0.961
18:2	g	0.630	0	0.179	0.712
18:3	g	0.100	0	0.028	0.113
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.102
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	75	0	21	85
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.218	0	0.062	0.246
Threonine	g	0.741	0	0.210	0.837
Isoleucine	g	0.758	0	0.215	0.857
Leucine	g	1.418	0	0.402	1.602
Lysine	g	1.477	0	0.419	1.669
Methionine	g	0.413	0	0.117	0.467
Cystine	g	0.170	0	0.048	0.192
Phenylalanine	g	0.671	0	0.190	0.758
Tyrosine	g	0.552	0	0.156	0.624
Valine	g	0.857	0	0.243	0.968
Arginine	g	1.194	0	0.338	1.349
Histidine	g	0.563	0	0.160	0.636
Alanine	g	1.155	0	0.327	1.305
Aspartic acid	g	1.616	0	0.458	1.826
Glutamic acid	g	2.782	0	0.789	3.144
Glycine	g	1.313	0	0.372	1.484
Proline	g	0.897	0	0.254	1.014
Serine	g	0.685	0	0.194	0.774
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13303 Beef, ground, lean, cooked, baked, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 336g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.89		0	191.15	48.36	
Energy	kcal	268		0	900	228	
Energy	kj	1121		0	3767	953	
Protein (N x 5.95)	g	23.93		0	80.40	20.34	
Total lipid (fat)	g	18.34		0	61.62	15.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84		0	2.82	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	30	8	
Iron	mg	2.09		0	7.02	1.78	
Magnesium	mg	17		0	57	14	
Phosphorus	mg	128		0	430	109	
Potassium	mg	224		0	753	190	
Sodium	mg	56		0	188	48	
Zinc	mg	5.10		0	17.14	4.33	
Copper	mg	0.072		0	0.242	0.061	
Manganese	mg	0.014		0	0.047	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.168	0.043	
Riboflavin	mg	0.190		0	0.638	0.161	
Niacin	mg	4.280		0	14.381	3.638	
Pantothenic acid	mg	0.270		0	0.907	0.230	
Vitamin B-6	mg	0.200		0	0.672	0.170	
Folate	µg	9		0	30	8	
Vitamin B-12	µg	1.77		0	5.95	1.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.210		0	24.226	6.128	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.067	0.017	
12:0	g	0.020		0	0.067	0.017	
14:0	g	0.520		0	1.747	0.442	
15.0	g						
16:0	g	4.150		0	13.944	3.528	
17:0	g						
18:0	g	2.160		0	7.258	1.836	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.030	0	26.981	6.825
14:1	g				
16:1	g	0.690	0	2.318	0.587
18:1	g	7.020	0	23.587	5.967
20:1	g	0.010	0	0.034	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	2.285	0.578
18:2	g	0.500	0	1.680	0.425
18:3	g	0.080	0	0.269	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.235	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	262	66
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.268	0	0.900	0.228
Threonine	g	1.045	0	3.511	0.888
Isoleucine	g	1.076	0	3.615	0.915
Leucine	g	1.892	0	6.357	1.608
Lysine	g	1.991	0	6.690	1.692
Methionine	g	0.613	0	2.060	0.521
Cystine	g	0.268	0	0.900	0.228
Phenylalanine	g	0.934	0	3.138	0.794
Tyrosine	g	0.804	0	2.701	0.683
Valine	g	1.164	0	3.911	0.989
Arginine	g	1.512	0	5.080	1.285
Histidine	g	0.819	0	2.752	0.696
Alanine	g	1.444	0	4.852	1.227
Aspartic acid	g	2.186	0	7.345	1.858
Glutamic acid	g	3.595	0	12.079	3.056
Glycine	g	1.306	0	4.388	1.110
Proline	g	1.057	0	3.552	0.898
Serine	g	0.915	0	3.074	0.778
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13304 Beef, ground, lean, cooked, baked, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 263g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.30		0	134.92	43.60	
Energy	kcal	292		0	768	248	
Energy	kj	1222		0	3214	1039	
Protein (N x 5.95)	g	29.60		0	77.85	25.16	
Total lipid (fat)	g	18.35		0	48.26	15.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	2.89	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	32	10	
Iron	mg	2.66		0	7.00	2.26	
Magnesium	mg	21		0	55	18	
Phosphorus	mg	164		0	431	139	
Potassium	mg	286		0	752	243	
Sodium	mg	71		0	187	60	
Zinc	mg	6.51		0	17.12	5.53	
Copper	mg	0.092		0	0.242	0.078	
Manganese	mg	0.018		0	0.047	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.184	0.060	
Riboflavin	mg	0.240		0	0.631	0.204	
Niacin	mg	5.460		0	14.360	4.641	
Pantothenic acid	mg	0.340		0	0.894	0.289	
Vitamin B-6	mg	0.260		0	0.684	0.221	
Folate	µg	12		0	32	10	
Vitamin B-12	µg	2.26		0	5.94	1.92	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.210		0	18.962	6.128	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.053	0.017	
12:0	g	0.020		0	0.053	0.017	
14:0	g	0.520		0	1.368	0.442	
15.0	g						
16:0	g	4.150		0	10.915	3.528	
17:0	g						
18:0	g	2.160		0	5.681	1.836	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.030	0	21.119	6.825
14:1	g				
16:1	g	0.690	0	1.815	0.587
18:1	g	7.020	0	18.463	5.967
20:1	g	0.010	0	0.026	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	1.788	0.578
18:2	g	0.510	0	1.341	0.434
18:3	g	0.080	0	0.210	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.184	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	0	260	84
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.332	0	0.873	0.282
Threonine	g	1.293	0	3.401	1.099
Isoleucine	g	1.331	0	3.501	1.131
Leucine	g	2.340	0	6.154	1.989
Lysine	g	2.463	0	6.478	2.094
Methionine	g	0.758	0	1.994	0.644
Cystine	g	0.332	0	0.873	0.282
Phenylalanine	g	1.156	0	3.040	0.983
Tyrosine	g	0.995	0	2.617	0.846
Valine	g	1.440	0	3.787	1.224
Arginine	g	1.871	0	4.921	1.590
Histidine	g	1.014	0	2.667	0.862
Alanine	g	1.785	0	4.695	1.517
Aspartic acid	g	2.704	0	7.112	2.298
Glutamic acid	g	4.447	0	11.696	3.780
Glycine	g	1.615	0	4.247	1.373
Proline	g	1.307	0	3.437	1.111
Serine	g	1.132	0	2.977	0.962
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13305 Beef, ground, lean, cooked, broiled, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 322g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.74		0	179.48	47.38	
Energy	kcal	272		0	876	231	
Energy	kj	1138		0	3664	967	
Protein (N x 5.95)	g	24.72		0	79.60	21.01	
Total lipid (fat)	g	18.46		0	59.44	15.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	3.48	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	35	9	
Iron	mg	2.11		0	6.79	1.79	
Magnesium	mg	21		0	68	18	
Phosphorus	mg	158		0	509	134	
Potassium	mg	301		0	969	256	
Sodium	mg	77		0	248	65	
Zinc	mg	5.36		0	17.26	4.56	
Copper	mg	0.066		0	0.213	0.056	
Manganese	mg	0.014		0	0.045	0.012	
Selenium	µg	29.0	0.803	15	93.4	24.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.161	0.043	
Riboflavin	mg	0.210		0	0.676	0.179	
Niacin	mg	5.160		0	16.615	4.386	
Pantothenic acid	mg	0.380		0	1.224	0.323	
Vitamin B-6	mg	0.260		0	0.837	0.221	
Folate	µg	9		0	29	8	
Vitamin B-12	µg	2.35		0	7.57	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.204		0	0.657	0.173	
Lipids:							
Saturated, total	g	7.250		0	23.345	6.162	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.064	0.017	
12:0	g	0.020		0	0.064	0.017	
14:0	g	0.520		0	1.674	0.442	
15.0	g						
16:0	g	4.180		0	13.460	3.553	
17:0	g						
18:0	g	2.180		0	7.020	1.853	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.080	0	26.018	6.868
14:1	g				
16:1	g	0.690	0	2.222	0.587
18:1	g	7.060	0	22.733	6.001
20:1	g	0.010	0	0.032	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.690	0	2.222	0.587
18:2	g	0.510	0	1.642	0.434
18:3	g	0.080	0	0.258	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.225	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	280	74
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.277	0	0.892	0.235
Threonine	g	1.080	0	3.478	0.918
Isoleucine	g	1.111	0	3.577	0.944
Leucine	g	1.954	0	6.292	1.661
Lysine	g	2.057	0	6.624	1.748
Methionine	g	0.633	0	2.038	0.538
Cystine	g	0.277	0	0.892	0.235
Phenylalanine	g	0.965	0	3.107	0.820
Tyrosine	g	0.831	0	2.676	0.706
Valine	g	1.202	0	3.870	1.022
Arginine	g	1.562	0	5.030	1.328
Histidine	g	0.846	0	2.724	0.719
Alanine	g	1.491	0	4.801	1.267
Aspartic acid	g	2.258	0	7.271	1.919
Glutamic acid	g	3.714	0	11.959	3.157
Glycine	g	1.349	0	4.344	1.147
Proline	g	1.092	0	3.516	0.928
Serine	g	0.945	0	3.043	0.803
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13306 Beef, ground, lean, cooked, broiled, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 281g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.86		0	148.54	44.93	
Energy	kcal	280		0	787	238	
Energy	kj	1172		0	3293	996	
Protein (N x 5.95)	g	28.20		0	79.24	23.97	
Total lipid (fat)	g	17.64		0	49.57	14.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	3.65	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	34	10	
Iron	mg	2.45		0	6.88	2.08	
Magnesium	mg	24		0	67	20	
Phosphorus	mg	182		0	511	155	
Potassium	mg	349		0	981	297	
Sodium	mg	89		0	250	76	
Zinc	mg	6.20		0	17.42	5.27	
Copper	mg	0.077		0	0.216	0.065	
Manganese	mg	0.017		0	0.048	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.169	0.051	
Riboflavin	mg	0.240		0	0.674	0.204	
Niacin	mg	5.970		0	16.776	5.074	
Pantothenic acid	mg	0.440		0	1.236	0.374	
Vitamin B-6	mg	0.300		0	0.843	0.255	
Folate	µg	11		0	31	9	
Vitamin B-12	µg	2.72		0	7.64	2.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.204		0	0.573	0.173	
Lipids:							
Saturated, total	g	6.930		0	19.473	5.890	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.056	0.017	
12:0	g	0.020		0	0.056	0.017	
14:0	g	0.500		0	1.405	0.425	
15.0	g						
16:0	g	3.990		0	11.212	3.392	
17:0	g						
18:0	g	2.080		0	5.845	1.768	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.720	0	21.693	6.562
14:1	g				
16:1	g	0.660	0	1.855	0.561
18:1	g	6.750	0	18.968	5.737
20:1	g	0.010	0	0.028	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.660	0	1.855	0.561
18:2	g	0.490	0	1.377	0.417
18:3	g	0.070	0	0.197	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.197	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	101	0	284	86
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.316	0	0.888	0.269
Threonine	g	1.232	0	3.462	1.047
Isoleucine	g	1.268	0	3.563	1.078
Leucine	g	2.229	0	6.263	1.895
Lysine	g	2.346	0	6.592	1.994
Methionine	g	0.722	0	2.029	0.614
Cystine	g	0.316	0	0.888	0.269
Phenylalanine	g	1.101	0	3.094	0.936
Tyrosine	g	0.948	0	2.664	0.806
Valine	g	1.372	0	3.855	1.166
Arginine	g	1.782	0	5.007	1.515
Histidine	g	0.966	0	2.714	0.821
Alanine	g	1.701	0	4.780	1.446
Aspartic acid	g	2.576	0	7.239	2.190
Glutamic acid	g	4.237	0	11.906	3.601
Glycine	g	1.539	0	4.325	1.308
Proline	g	1.245	0	3.498	1.058
Serine	g	1.078	0	3.029	0.916
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13307 Beef, ground, lean, cooked, pan-fried, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.62		0	181.88	47.28	
Energy	kcal	275		0	899	234	
Energy	kj	1151		0	3764	978	
Protein (N x 5.95)	g	24.23		0	79.23	20.60	
Total lipid (fat)	g	19.06		0	62.33	16.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.56	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	33	9	
Iron	mg	2.18		0	7.13	1.85	
Magnesium	mg	20		0	65	17	
Phosphorus	mg	159		0	520	135	
Potassium	mg	299		0	978	254	
Sodium	mg	77		0	252	65	
Zinc	mg	5.20		0	17.00	4.42	
Copper	mg	0.077		0	0.252	0.065	
Manganese	mg	0.014		0	0.046	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.164	0.043	
Riboflavin	mg	0.220		0	0.719	0.187	
Niacin	mg	4.790		0	15.663	4.071	
Pantothenic acid	mg	0.320		0	1.046	0.272	
Vitamin B-6	mg	0.280		0	0.916	0.238	
Folate	µg	9		0	29	8	
Vitamin B-12	µg	2.27		0	7.42	1.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.654	0.170	
Lipids:							
Saturated, total	g	7.490		0	24.492	6.366	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.065	0.017	
12:0	g	0.020		0	0.065	0.017	
14:0	g	0.540		0	1.766	0.459	
15.0	g						
16:0	g	4.310		0	14.094	3.663	
17:0	g						
18:0	g	2.250		0	7.357	1.913	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.340	0	27.272	7.089
14:1	g				
16:1	g	0.710	0	2.322	0.603
18:1	g	7.290	0	23.838	6.196
20:1	g	0.010	0	0.033	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.710	0	2.322	0.603
18:2	g	0.520	0	1.700	0.442
18:3	g	0.080	0	0.262	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.262	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	0	275	71
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.271	0	0.886	0.230
Threonine	g	1.058	0	3.460	0.899
Isoleucine	g	1.089	0	3.561	0.926
Leucine	g	1.915	0	6.262	1.628
Lysine	g	2.016	0	6.592	1.714
Methionine	g	0.620	0	2.027	0.527
Cystine	g	0.271	0	0.886	0.230
Phenylalanine	g	0.946	0	3.093	0.804
Tyrosine	g	0.814	0	2.662	0.692
Valine	g	1.179	0	3.855	1.002
Arginine	g	1.531	0	5.006	1.301
Histidine	g	0.830	0	2.714	0.706
Alanine	g	1.462	0	4.781	1.243
Aspartic acid	g	2.214	0	7.240	1.882
Glutamic acid	g	3.641	0	11.906	3.095
Glycine	g	1.322	0	4.323	1.124
Proline	g	1.070	0	3.499	0.910
Serine	g	0.927	0	3.031	0.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13308 Beef, ground, lean, cooked, pan-fried, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.70		0	153.58	45.65	
Energy	kcal	277		0	792	235	
Energy	kj	1159		0	3315	985	
Protein (N x 5.95)	g	27.56		0	78.82	23.43	
Total lipid (fat)	g	17.67		0	50.54	15.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	3.43	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	2.48		0	7.09	2.11	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	181		0	518	154	
Potassium	mg	340		0	972	289	
Sodium	mg	87		0	249	74	
Zinc	mg	5.91		0	16.90	5.02	
Copper	mg	0.088		0	0.252	0.075	
Manganese	mg	0.016		0	0.046	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.172	0.051	
Riboflavin	mg	0.240		0	0.686	0.204	
Niacin	mg	5.450		0	15.587	4.633	
Pantothenic acid	mg	0.360		0	1.030	0.306	
Vitamin B-6	mg	0.320		0	0.915	0.272	
Folate	µg	10		0	29	9	
Vitamin B-12	µg	2.58		0	7.38	2.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.940		0	19.848	5.899	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.057	0.017	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.500		0	1.430	0.425	
15.0	g						
16:0	g	4.000		0	11.440	3.400	
17:0	g						
18:0	g	2.080		0	5.949	1.768	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.740	0	22.136	6.579
14:1	g				
16:1	g	0.660	0	1.888	0.561
18:1	g	6.760	0	19.334	5.746
20:1	g	0.010	0	0.029	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.660	0	1.888	0.561
18:2	g	0.490	0	1.401	0.417
18:3	g	0.070	0	0.200	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.200	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	95	0	272	81
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.309	0	0.884	0.263
Threonine	g	1.206	0	3.449	1.025
Isoleucine	g	1.241	0	3.549	1.055
Leucine	g	2.182	0	6.241	1.855
Lysine	g	2.296	0	6.567	1.952
Methionine	g	0.707	0	2.022	0.601
Cystine	g	0.309	0	0.884	0.263
Phenylalanine	g	1.078	0	3.083	0.916
Tyrosine	g	0.927	0	2.651	0.788
Valine	g	1.342	0	3.838	1.141
Arginine	g	1.744	0	4.988	1.482
Histidine	g	0.945	0	2.703	0.803
Alanine	g	1.665	0	4.762	1.415
Aspartic acid	g	2.522	0	7.213	2.144
Glutamic acid	g	4.147	0	11.860	3.525
Glycine	g	1.506	0	4.307	1.280
Proline	g	1.219	0	3.486	1.036
Serine	g	1.055	0	3.017	0.897
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13309 Beef, ground, regular, (approximately 27% fat), raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	56.06	0.285	60	15.89	63.35	
Energy	kcal	310		0	88	350	
Energy	kj	1297		0	368	1466	
Protein (N x 5.95)	g	16.62	0.154	54	4.71	18.78	
Total lipid (fat)	g	26.55	0.461	58	7.53	30.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.115	8	0.28	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.406	41	2	9	
Iron	mg	1.73	0.034	40	0.49	1.95	
Magnesium	mg	16	0.251	39	5	18	
Phosphorus	mg	130		0	37	147	
Potassium	mg	228	3.495	40	65	258	
Sodium	mg	68	1.365	41	19	77	
Zinc	mg	3.55	0.063	40	1.01	4.01	
Copper	mg	0.062	0.001	40	0.018	0.070	
Manganese	mg	0.017	0.001	39	0.005	0.019	
Selenium	µg	12.7	0.646	33	3.6	14.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.038		0	0.011	0.043	
Riboflavin	mg	0.151		0	0.043	0.171	
Niacin	mg	4.480		0	1.270	5.062	
Pantothenic acid	mg	0.346		0	0.098	0.391	
Vitamin B-6	mg	0.240		0	0.068	0.271	
Folate	µg	7		0	2	8	
Vitamin B-12	µg	2.65		1	0.75	2.99	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.208		0	0.059	0.235	
Lipids:							
Saturated, total	g	10.780		0	3.056	12.181	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.011	0.045	
12:0	g	0.030		0	0.009	0.034	
14:0	g	0.760		0	0.215	0.859	
15.0	g						
16:0	g	6.180		0	1.752	6.983	
17:0	g						
18:0	g	3.190		0	0.904	3.605	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.640	0	3.300	13.153
14:1	g				
16:1	g	1.120	0	0.318	1.266
18:1	g	9.980	0	2.829	11.277
20:1	g	0.030	0	0.009	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.080	0	0.306	1.220
18:2	g	0.780	0	0.221	0.881
18:3	g	0.160	0	0.045	0.181
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.028	0.113
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	24	96
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.232
Threonine	g	0.697	0	0.198	0.788
Isoleucine	g	0.713	0	0.202	0.806
Leucine	g	1.332	0	0.378	1.505
Lysine	g	1.388	0	0.393	1.568
Methionine	g	0.388	0	0.110	0.438
Cystine	g	0.160	0	0.045	0.181
Phenylalanine	g	0.630	0	0.179	0.712
Tyrosine	g	0.519	0	0.147	0.586
Valine	g	0.806	0	0.229	0.911
Arginine	g	1.122	0	0.318	1.268
Histidine	g	0.529	0	0.150	0.598
Alanine	g	1.085	0	0.308	1.226
Aspartic acid	g	1.518	0	0.430	1.715
Glutamic acid	g	2.614	0	0.741	2.954
Glycine	g	1.234	0	0.350	1.394
Proline	g	0.843	0	0.239	0.953
Serine	g	0.643	0	0.182	0.727
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13310 Beef, ground, regular, cooked, baked, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 318g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.10		0	175.22	46.84	
Energy	kcal	287		0	913	244	
Energy	kj	1201		0	3819	1021	
Protein (N x 5.95)	g	23.02		0	73.20	19.57	
Total lipid (fat)	g	20.93		0	66.56	17.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	3.02	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	32	9	
Iron	mg	2.41		0	7.66	2.05	
Magnesium	mg	15		0	48	13	
Phosphorus	mg	137		0	436	116	
Potassium	mg	221		0	703	188	
Sodium	mg	60		0	191	51	
Zinc	mg	4.89		0	15.55	4.16	
Copper	mg	0.070		0	0.223	0.060	
Manganese	mg	0.017		0	0.054	0.014	
Selenium	µg	19.4	0.968	28	61.7	16.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		0	0.095	0.026	
Riboflavin	mg	0.160		0	0.509	0.136	
Niacin	mg	4.750		0	15.105	4.037	
Pantothenic acid	mg	0.220		0	0.700	0.187	
Vitamin B-6	mg	0.230		0	0.731	0.196	
Folate	µg	9		0	29	8	
Vitamin B-12	µg	2.34		0	7.44	1.99	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.220		0	26.140	6.987	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.064	0.017	
12:0	g	0.020		0	0.064	0.017	
14:0	g	0.590		0	1.876	0.501	
15.0	g						
16:0	g	4.740		0	15.073	4.029	
17:0	g						
18:0	g	2.470		0	7.855	2.100	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.160	0	29.129	7.786
14:1	g				
16:1	g	0.780	0	2.480	0.663
18:1	g	8.010	0	25.472	6.809
20:1	g	0.020	0	0.064	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.780	0	2.480	0.663
18:2	g	0.580	0	1.844	0.493
18:3	g	0.090	0	0.286	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.254	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	277	74
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.255	0	0.811	0.217
Threonine	g	0.993	0	3.158	0.844
Isoleucine	g	1.022	0	3.250	0.869
Leucine	g	1.797	0	5.714	1.527
Lysine	g	1.892	0	6.017	1.608
Methionine	g	0.582	0	1.851	0.495
Cystine	g	0.255	0	0.811	0.217
Phenylalanine	g	0.888	0	2.824	0.755
Tyrosine	g	0.764	0	2.430	0.649
Valine	g	1.106	0	3.517	0.940
Arginine	g	1.437	0	4.570	1.221
Histidine	g	0.779	0	2.477	0.662
Alanine	g	1.372	0	4.363	1.166
Aspartic acid	g	2.077	0	6.605	1.765
Glutamic acid	g	3.416	0	10.863	2.904
Glycine	g	1.241	0	3.946	1.055
Proline	g	1.004	0	3.193	0.853
Serine	g	0.869	0	2.763	0.739
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13311 Beef, ground, regular, cooked, baked, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	48.90		0	124.21	41.56	
Energy	kcal	317		0	805	269	
Energy	kj	1326		0	3368	1127	
Protein (N x 5.95)	g	28.80		0	73.15	24.48	
Total lipid (fat)	g	21.47		0	54.53	18.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	3.05	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	30	10	
Iron	mg	2.99		0	7.59	2.54	
Magnesium	mg	19		0	48	16	
Phosphorus	mg	170		0	432	145	
Potassium	mg	274		0	696	233	
Sodium	mg	75		0	191	64	
Zinc	mg	6.07		0	15.42	5.16	
Copper	mg	0.086		0	0.218	0.073	
Manganese	mg	0.021		0	0.053	0.018	
Selenium	µg	19.4	0.968	28	49.3	16.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.102	0.034	
Riboflavin	mg	0.200		0	0.508	0.170	
Niacin	mg	5.890		0	14.961	5.006	
Pantothenic acid	mg	0.270		0	0.686	0.230	
Vitamin B-6	mg	0.290		0	0.737	0.247	
Folate	µg	11		0	28	9	
Vitamin B-12	µg	2.90		0	7.37	2.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.430		0	21.412	7.165	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.051	0.017	
12:0	g	0.020		0	0.051	0.017	
14:0	g	0.610		0	1.549	0.518	
15.0	g						
16:0	g	4.860		0	12.344	4.131	
17:0	g						
18:0	g	2.530		0	6.426	2.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.400	0	23.876	7.990
14:1	g				
16:1	g	0.800	0	2.032	0.680
18:1	g	8.220	0	20.879	6.987
20:1	g	0.020	0	0.051	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.800	0	2.032	0.680
18:2	g	0.590	0	1.499	0.501
18:3	g	0.090	0	0.229	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.229	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	108	0	274	92
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.323	0	0.820	0.275
Threonine	g	1.258	0	3.195	1.069
Isoleucine	g	1.295	0	3.289	1.101
Leucine	g	2.276	0	5.781	1.935
Lysine	g	2.396	0	6.086	2.037
Methionine	g	0.737	0	1.872	0.626
Cystine	g	0.323	0	0.820	0.275
Phenylalanine	g	1.124	0	2.855	0.955
Tyrosine	g	0.968	0	2.459	0.823
Valine	g	1.401	0	3.559	1.191
Arginine	g	1.820	0	4.623	1.547
Histidine	g	0.986	0	2.504	0.838
Alanine	g	1.737	0	4.412	1.476
Aspartic acid	g	2.631	0	6.683	2.236
Glutamic acid	g	4.327	0	10.991	3.678
Glycine	g	1.571	0	3.990	1.335
Proline	g	1.272	0	3.231	1.081
Serine	g	1.101	0	2.797	0.936
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields
Measure 2: 3 oz

NDB No. 13312 Beef, ground, regular, cooked, broiled, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 304g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.24		0	164.89	46.10	
Energy	kcal	289		0	879	246	
Energy	kj	1209		0	3675	1028	
Protein (N x 5.95)	g	24.07		0	73.17	20.46	
Total lipid (fat)	g	20.69		0	62.90	17.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	3.04	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	33	9	
Iron	mg	2.44		0	7.42	2.07	
Magnesium	mg	20		0	61	17	
Phosphorus	mg	170		0	517	145	
Potassium	mg	292		0	888	248	
Sodium	mg	83		0	252	71	
Zinc	mg	5.18		0	15.75	4.40	
Copper	mg	0.082		0	0.249	0.070	
Manganese	mg	0.017		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		0	0.091	0.026	
Riboflavin	mg	0.190		0	0.578	0.161	
Niacin	mg	5.770		0	17.541	4.904	
Pantothenic acid	mg	0.330		0	1.003	0.281	
Vitamin B-6	mg	0.270		0	0.821	0.230	
Folate	µg	9		0	27	8	
Vitamin B-12	µg	2.93		0	8.91	2.49	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.234		0	0.711	0.199	
Lipids:							
Saturated, total	g	8.130		0	24.715	6.911	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.061	0.017	
12:0	g	0.020		0	0.061	0.017	
14:0	g	0.590		0	1.794	0.501	
15.0	g						
16:0	g	4.680		0	14.227	3.978	
17:0	g						
18:0	g	2.440		0	7.418	2.074	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.060	0	27.542	7.701
14:1	g				
16:1	g	0.770	0	2.341	0.655
18:1	g	7.920	0	24.077	6.732
20:1	g	0.020	0	0.061	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.770	0	2.341	0.655
18:2	g	0.570	0	1.733	0.484
18:3	g	0.090	0	0.274	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.243	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	90	0	274	77
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.270	0	0.821	0.230
Threonine	g	1.051	0	3.195	0.893
Isoleucine	g	1.082	0	3.289	0.920
Leucine	g	1.902	0	5.782	1.617
Lysine	g	2.003	0	6.089	1.703
Methionine	g	0.616	0	1.873	0.524
Cystine	g	0.270	0	0.821	0.230
Phenylalanine	g	0.940	0	2.858	0.799
Tyrosine	g	0.809	0	2.459	0.688
Valine	g	1.171	0	3.560	0.995
Arginine	g	1.521	0	4.624	1.293
Histidine	g	0.824	0	2.505	0.700
Alanine	g	1.452	0	4.414	1.234
Aspartic acid	g	2.199	0	6.685	1.869
Glutamic acid	g	3.616	0	10.993	3.074
Glycine	g	1.313	0	3.992	1.116
Proline	g	1.063	0	3.232	0.904
Serine	g	0.920	0	2.797	0.782
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13313 Beef, ground, regular, cooked, broiled, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.00		0	141.44	44.20	
Energy	kcal	292		0	794	248	
Energy	kj	1222		0	3324	1039	
Protein (N x 5.95)	g	27.20		0	73.98	23.12	
Total lipid (fat)	g	19.46		0	52.93	16.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	3.73	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	33	10	
Iron	mg	2.74		0	7.45	2.33	
Magnesium	mg	22		0	60	19	
Phosphorus	mg	191		0	520	162	
Potassium	mg	327		0	889	278	
Sodium	mg	93		0	253	79	
Zinc	mg	5.81		0	15.80	4.94	
Copper	mg	0.092		0	0.250	0.078	
Manganese	mg	0.020		0	0.054	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.109	0.034	
Riboflavin	mg	0.210		0	0.571	0.179	
Niacin	mg	6.470		0	17.598	5.499	
Pantothenic acid	mg	0.370		0	1.006	0.315	
Vitamin B-6	mg	0.300		0	0.816	0.255	
Folate	µg	10		0	27	9	
Vitamin B-12	µg	3.28		0	8.92	2.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.626	0.196	
Lipids:							
Saturated, total	g	7.650		0	20.808	6.503	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.054	0.017	
12:0	g	0.020		0	0.054	0.017	
14:0	g	0.550		0	1.496	0.468	
15.0	g						
16:0	g	4.400		0	11.968	3.740	
17:0	g						
18:0	g	2.300		0	6.256	1.955	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.520	0	23.174	7.242
14:1	g				
16:1	g	0.730	0	1.986	0.620
18:1	g	7.450	0	20.264	6.332
20:1	g	0.020	0	0.054	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	1.986	0.620
18:2	g	0.540	0	1.469	0.459
18:3	g	0.080	0	0.218	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.218	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	101	0	275	86
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.305	0	0.830	0.259
Threonine	g	1.188	0	3.231	1.010
Isoleucine	g	1.223	0	3.327	1.040
Leucine	g	2.150	0	5.848	1.827
Lysine	g	2.263	0	6.155	1.924
Methionine	g	0.696	0	1.893	0.592
Cystine	g	0.305	0	0.830	0.259
Phenylalanine	g	1.062	0	2.889	0.903
Tyrosine	g	0.914	0	2.486	0.777
Valine	g	1.323	0	3.599	1.125
Arginine	g	1.719	0	4.676	1.461
Histidine	g	0.931	0	2.532	0.791
Alanine	g	1.641	0	4.464	1.395
Aspartic acid	g	2.485	0	6.759	2.112
Glutamic acid	g	4.087	0	11.117	3.474
Glycine	g	1.484	0	4.036	1.261
Proline	g	1.201	0	3.267	1.021
Serine	g	1.040	0	2.829	0.884
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13314 Beef, ground, regular, cooked, pan-fried, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 308g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.27		0	160.99	44.43	
Energy	kcal	306		0	942	260	
Energy	kj	1280		0	3942	1088	
Protein (N x 5.95)	g	23.92		0	73.67	20.33	
Total lipid (fat)	g	22.56		0	69.48	19.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25		0	3.85	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	2.45		0	7.55	2.08	
Magnesium	mg	20		0	62	17	
Phosphorus	mg	171		0	527	145	
Potassium	mg	300		0	924	255	
Sodium	mg	84		0	259	71	
Zinc	mg	5.07		0	15.62	4.31	
Copper	mg	0.081		0	0.249	0.069	
Manganese	mg	0.017		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		0	0.092	0.026	
Riboflavin	mg	0.200		0	0.616	0.170	
Niacin	mg	5.830		0	17.956	4.955	
Pantothenic acid	mg	0.340		0	1.047	0.289	
Vitamin B-6	mg	0.240		0	0.739	0.204	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	2.71		0	8.35	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.234		0	0.721	0.199	
Lipids:							
Saturated, total	g	8.860		0	27.289	7.531	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.062	0.017	
12:0	g	0.020		0	0.062	0.017	
14:0	g	0.640		0	1.971	0.544	
15.0	g						
16:0	g	5.100		0	15.708	4.335	
17:0	g						
18:0	g	2.660		0	8.193	2.261	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.880	0	30.430	8.398
14:1	g				
16:1	g	0.840	0	2.587	0.714
18:1	g	8.630	0	26.580	7.336
20:1	g	0.020	0	0.062	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.840	0	2.587	0.714
18:2	g	0.620	0	1.910	0.527
18:3	g	0.090	0	0.277	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.277	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	89	0	274	76
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.268	0	0.825	0.228
Threonine	g	1.045	0	3.219	0.888
Isoleucine	g	1.075	0	3.311	0.914
Leucine	g	1.891	0	5.824	1.607
Lysine	g	1.990	0	6.129	1.692
Methionine	g	0.612	0	1.885	0.520
Cystine	g	0.268	0	0.825	0.228
Phenylalanine	g	0.934	0	2.877	0.794
Tyrosine	g	0.804	0	2.476	0.683
Valine	g	1.163	0	3.582	0.989
Arginine	g	1.512	0	4.657	1.285
Histidine	g	0.819	0	2.523	0.696
Alanine	g	1.443	0	4.444	1.227
Aspartic acid	g	2.185	0	6.730	1.857
Glutamic acid	g	3.594	0	11.070	3.055
Glycine	g	1.305	0	4.019	1.109
Proline	g	1.056	0	3.252	0.898
Serine	g	0.915	0	2.818	0.778
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13315 Beef, ground, regular, cooked, pan-fried, well done

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 277g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.68		0	145.92	44.78	
Energy	kcal	286		0	792	243	
Energy	kj	1197		0	3316	1017	
Protein (N x 5.95)	g	27.00		0	74.79	22.95	
Total lipid (fat)	g	18.92		0	52.41	16.08	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	3.88	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	36	11	
Iron	mg	2.71		0	7.51	2.30	
Magnesium	mg	22		0	61	19	
Phosphorus	mg	189		0	524	161	
Potassium	mg	332		0	920	282	
Sodium	mg	93		0	258	79	
Zinc	mg	5.62		0	15.57	4.78	
Copper	mg	0.090		0	0.249	0.077	
Manganese	mg	0.019		0	0.053	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.111	0.034	
Riboflavin	mg	0.210		0	0.582	0.179	
Niacin	mg	6.460		0	17.894	5.491	
Pantothenic acid	mg	0.380		0	1.053	0.323	
Vitamin B-6	mg	0.270		0	0.748	0.230	
Folate	µg	10		0	28	9	
Vitamin B-12	µg	3.00		0	8.31	2.55	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.430		0	20.581	6.315	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.055	0.017	
12:0	g	0.020		0	0.055	0.017	
14:0	g	0.540		0	1.496	0.459	
15.0	g						
16:0	g	4.280		0	11.856	3.638	
17:0	g						
18:0	g	2.230		0	6.177	1.896	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.280	0	22.936	7.038
14:1	g				
16:1	g	0.710	0	1.967	0.603
18:1	g	7.240	0	20.055	6.154
20:1	g	0.010	0	0.028	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.710	0	1.967	0.603
18:2	g	0.520	0	1.440	0.442
18:3	g	0.080	0	0.222	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.222	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	98	0	271	83
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.302	0	0.837	0.257
Threonine	g	1.179	0	3.266	1.002
Isoleucine	g	1.214	0	3.363	1.032
Leucine	g	2.134	0	5.911	1.814
Lysine	g	2.246	0	6.221	1.909
Methionine	g	0.691	0	1.914	0.587
Cystine	g	0.302	0	0.837	0.257
Phenylalanine	g	1.054	0	2.920	0.896
Tyrosine	g	0.907	0	2.512	0.771
Valine	g	1.313	0	3.637	1.116
Arginine	g	1.706	0	4.726	1.450
Histidine	g	0.924	0	2.559	0.785
Alanine	g	1.629	0	4.512	1.385
Aspartic acid	g	2.467	0	6.834	2.097
Glutamic acid	g	4.056	0	11.235	3.448
Glycine	g	1.473	0	4.080	1.252
Proline	g	1.192	0	3.302	1.013
Serine	g	1.032	0	2.859	0.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13316 Beef, ground, patties, frozen, (approximately 23% fat), raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	58.72	0.395	75	49.91	66.35	
Energy	kcal	282		0	240	319	
Energy	kj	1180		0	1003	1333	
Protein (N x 5.95)	g	17.11	0.136	74	14.54	19.33	
Total lipid (fat)	g	23.19	0.411	100	19.71	26.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	0.67	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7	9	
Iron	mg	1.78		0	1.51	2.01	
Magnesium	mg	17		0	14	19	
Phosphorus	mg	134		0	114	151	
Potassium	mg	248		0	211	280	
Sodium	mg	68		0	58	77	
Zinc	mg	3.80		0	3.23	4.29	
Copper	mg	0.067		0	0.057	0.076	
Manganese	mg	0.016		0	0.014	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.043	0.057	
Riboflavin	mg	0.187		0	0.159	0.211	
Niacin	mg	4.500		0	3.825	5.085	
Pantothenic acid	mg	0.362		0	0.308	0.409	
Vitamin B-6	mg	0.250		0	0.213	0.282	
Folate	µg	7		0	6	8	
Vitamin B-12	µg	2.40		0	2.04	2.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.194		0	0.165	0.219	
Lipids:							
Saturated, total	g	9.360		0	7.956	10.577	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.026	0.034	
12:0	g	0.030		0	0.026	0.034	
14:0	g	0.660		0	0.561	0.746	
15.0	g						
16:0	g	5.370		0	4.564	6.068	
17:0	g						
18:0	g	2.780		0	2.363	3.141	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.140	0	8.619	11.458
14:1	g				
16:1	g	0.960	0	0.816	1.085
18:1	g	8.710	0	7.404	9.842
20:1	g	0.030	0	0.026	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.950	0	0.808	1.073
18:2	g	0.700	0	0.595	0.791
18:3	g	0.120	0	0.102	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.077	0.102
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	67	89
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.211	0	0.179	0.238
Threonine	g	0.717	0	0.609	0.810
Isoleucine	g	0.734	0	0.624	0.829
Leucine	g	1.371	0	1.165	1.549
Lysine	g	1.429	0	1.215	1.615
Methionine	g	0.400	0	0.340	0.452
Cystine	g	0.164	0	0.139	0.185
Phenylalanine	g	0.649	0	0.552	0.733
Tyrosine	g	0.534	0	0.454	0.603
Valine	g	0.829	0	0.705	0.937
Arginine	g	1.155	0	0.982	1.305
Histidine	g	0.545	0	0.463	0.616
Alanine	g	1.117	0	0.949	1.262
Aspartic acid	g	1.563	0	1.329	1.766
Glutamic acid	g	2.690	0	2.287	3.040
Glycine	g	1.270	0	1.080	1.435
Proline	g	0.868	0	0.738	0.981
Serine	g	0.662	0	0.563	0.748
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 4 oz

NDB No. 13317 Beef, ground, patties, frozen, cooked, broiled, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.92		0	171.90	46.68	
Energy	kcal	282		0	883	240	
Energy	kj	1180		0	3693	1003	
Protein (N x 5.95)	g	24.50		0	76.69	20.82	
Total lipid (fat)	g	19.65		0	61.50	16.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	2.91	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34	9	
Iron	mg	2.10		0	6.57	1.78	
Magnesium	mg	20		0	63	17	
Phosphorus	mg	158		0	495	134	
Potassium	mg	294		0	920	250	
Sodium	mg	77		0	241	65	
Zinc	mg	5.40		0	16.90	4.59	
Copper	mg	0.065		0	0.203	0.055	
Manganese	mg	0.016		0	0.050	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.157	0.043	
Riboflavin	mg	0.200		0	0.626	0.170	
Niacin	mg	5.270		0	16.495	4.479	
Pantothenic acid	mg	0.380		0	1.189	0.323	
Vitamin B-6	mg	0.260		0	0.814	0.221	
Folate	µg	9		0	28	8	
Vitamin B-12	µg	2.47		0	7.73	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.720		0	24.164	6.562	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.063	0.017	
12:0	g	0.020		0	0.063	0.017	
14:0	g	0.560		0	1.753	0.476	
15.0	g						
16:0	g	4.450		0	13.929	3.783	
17:0	g						
18:0	g	2.320		0	7.262	1.972	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.600	0	26.918	7.310
14:1	g				
16:1	g	0.730	0	2.285	0.620
18:1	g	7.520	0	23.538	6.392
20:1	g	0.020	0	0.063	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	2.285	0.620
18:2	g	0.540	0	1.690	0.459
18:3	g	0.080	0	0.250	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.250	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	94	0	294	80
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.274	0	0.858	0.233
Threonine	g	1.070	0	3.349	0.910
Isoleucine	g	1.102	0	3.449	0.937
Leucine	g	1.936	0	6.060	1.646
Lysine	g	2.038	0	6.379	1.732
Methionine	g	0.627	0	1.963	0.533
Cystine	g	0.274	0	0.858	0.233
Phenylalanine	g	0.956	0	2.992	0.813
Tyrosine	g	0.823	0	2.576	0.700
Valine	g	1.192	0	3.731	1.013
Arginine	g	1.548	0	4.845	1.316
Histidine	g	0.839	0	2.626	0.713
Alanine	g	1.478	0	4.626	1.256
Aspartic acid	g	2.238	0	7.005	1.902
Glutamic acid	g	3.681	0	11.522	3.129
Glycine	g	1.337	0	4.185	1.136
Proline	g	1.082	0	3.387	0.920
Serine	g	0.937	0	2.933	0.796
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 13318 Beef, variety meats and by-products, brain, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	78.28	0.385	12	22.19	88.46	
Energy	kcal	126		0	36	142	
Energy	kj	527		0	149	596	
Protein (N x 5.95)	g	9.80	0.332	5	2.78	11.07	
Total lipid (fat)	g	9.28	0.456	6	2.63	10.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35	0.047	5	0.38	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.535	6	2	9	
Iron	mg	2.14	0.178	12	0.61	2.42	
Magnesium	mg	13	0.300	6	4	15	
Phosphorus	mg	257	23.446	6	73	290	
Potassium	mg	321	32.000	2	91	363	
Sodium	mg	103	3.848	4	29	116	
Zinc	mg	1.22	0.123	16	0.35	1.38	
Copper	mg	0.201	0.010	4	0.057	0.227	
Manganese	mg	0.037	0.001	6	0.010	0.042	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.6	2.642	6	4.7	18.8	
Thiamin	mg	0.149	0.010	3	0.042	0.168	
Riboflavin	mg	0.275	0.085	2	0.078	0.311	
Niacin	mg	4.575	1.125	2	1.297	5.170	
Pantothenic acid	mg	1.220		1	0.346	1.379	
Vitamin B-6	mg	0.260	0.081	2	0.074	0.294	
Folate	µg	4		1	1	5	
Vitamin B-12	µg	10.90		1	3.09	12.32	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.200		0	0.340	1.356	
Lipids:							
Saturated, total	g	2.160		0	0.612	2.441	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.011	0.045	
15.0	g						
16:0	g	1.120		0	0.318	1.266	
17:0	g						
18:0	g	0.940		0	0.266	1.062	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.850	0	0.524	2.091
14:1	g				
16:1	g	0.070	0	0.020	0.079
18:1	g	1.480	0	0.420	1.672
20:1	g	0.170	0	0.048	0.192
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	0.303	1.209
18:2	g	0.020	0	0.006	0.023
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.220	0	0.062	0.249
20:5	g	0.000	0	0.000	0.000
22:5	g	0.220	0	0.062	0.249
22:6	g	0.500	0	0.142	0.565
Cholesterol	mg	1672	1	474	1889
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.080	4	0.023	0.090
Threonine	g	0.465	4	0.132	0.525
Isoleucine	g	0.379	4	0.107	0.428
Leucine	g	0.735	4	0.208	0.831
Lysine	g	0.586	4	0.166	0.662
Methionine	g	0.204	4	0.058	0.231
Cystine	g	0.174	4	0.049	0.197
Phenylalanine	g	0.495	4	0.140	0.559
Tyrosine	g	0.348	4	0.099	0.393
Valine	g	0.481	4	0.136	0.544
Arginine	g	0.534	4	0.151	0.603
Histidine	g	0.249	4	0.071	0.281
Alanine	g	0.542	4	0.154	0.612
Aspartic acid	g	0.878	4	0.249	0.992
Glutamic acid	g	1.196	4	0.339	1.351
Glycine	g	0.462	4	0.131	0.522
Proline	g	0.406	4	0.115	0.459
Serine	g	0.567	4	0.161	0.641
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13319 Beef, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 351g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.75		1	248.33	60.14	
Energy	kcal	196		0	688	167	
Energy	kj	820		0	2878	697	
Protein (N x 5.95)	g	12.57		1	44.12	10.68	
Total lipid (fat)	g	15.83		1	55.56	13.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.58		1	5.55	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	32	8	
Iron	mg	2.22		1	7.79	1.89	
Magnesium	mg	15		1	53	13	
Phosphorus	mg	386		1	1355	328	
Potassium	mg	354		1	1243	301	
Sodium	mg	158		1	555	134	
Zinc	mg	1.35		1	4.74	1.15	
Copper	mg	0.220		1	0.772	0.187	
Manganese	mg	0.032		1	0.112	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.3		1	11.6	2.8	
Thiamin	mg	0.130		1	0.456	0.111	
Riboflavin	mg	0.260		1	0.913	0.221	
Niacin	mg	3.780		1	13.268	3.213	
Pantothenic acid	mg	0.570		1	2.001	0.484	
Vitamin B-6	mg	0.390		1	1.369	0.331	
Folate	µg	6		1	21	5	
Vitamin B-12	µg	15.20		1	53.35	12.92	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.740		0	13.127	3.179	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.070		0	0.246	0.060	
15.0	g						
16:0	g	1.980		0	6.950	1.683	
17:0	g						
18:0	g	1.620		0	5.686	1.377	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.980	0	13.970	3.383
14:1	g				
16:1	g	0.110	0	0.386	0.094
18:1	g	3.470	0	12.180	2.950
20:1	g	0.240	0	0.842	0.204
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.310	0	8.108	1.964
18:2	g	0.840	0	2.948	0.714
18:3	g	0.050	0	0.176	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.290	0	1.018	0.247
20:5	g	0.000	0	0.000	0.000
22:5	g	0.290	0	1.018	0.247
22:6	g	0.670	0	2.352	0.570
Cholesterol	mg	1995	0	7002	1696
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.103	0	0.362	0.088
Threonine	g	0.597	0	2.095	0.507
Isoleucine	g	0.487	0	1.709	0.414
Leucine	g	0.943	0	3.310	0.802
Lysine	g	0.752	0	2.640	0.639
Methionine	g	0.261	0	0.916	0.222
Cystine	g	0.223	0	0.783	0.190
Phenylalanine	g	0.635	0	2.229	0.540
Tyrosine	g	0.446	0	1.565	0.379
Valine	g	0.617	0	2.166	0.524
Arginine	g	0.686	0	2.408	0.583
Histidine	g	0.320	0	1.123	0.272
Alanine	g	0.696	0	2.443	0.592
Aspartic acid	g	1.126	0	3.952	0.957
Glutamic acid	g	1.534	0	5.384	1.304
Glycine	g	0.593	0	2.081	0.504
Proline	g	0.521	0	1.829	0.443
Serine	g	0.728	0	2.555	0.619
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13320 Beef, variety meats and by-products, brain, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 391g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.32		1	286.68	62.32	
Energy	kcal	160		0	626	136	
Energy	kj	669		0	2616	569	
Protein (N x 5.95)	g	11.07		1	43.28	9.41	
Total lipid (fat)	g	12.53		1	48.99	10.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		1	4.97	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	35	8	
Iron	mg	2.21		1	8.64	1.88	
Magnesium	mg	14		1	55	12	
Phosphorus	mg	352		1	1376	299	
Potassium	mg	240		1	938	204	
Sodium	mg	120		1	469	102	
Zinc	mg	1.25		1	4.89	1.06	
Copper	mg	0.240		1	0.938	0.204	
Manganese	mg	0.035		1	0.137	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		1	3.9	0.9	
Thiamin	mg	0.080		1	0.313	0.068	
Riboflavin	mg	0.170		1	0.665	0.145	
Niacin	mg	2.180		1	8.524	1.853	
Pantothenic acid	mg	0.570		1	2.229	0.484	
Vitamin B-6	mg	0.240		1	0.938	0.204	
Folate	µg	7		1	27	6	
Vitamin B-12	µg	8.60		1	33.63	7.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.300		0	8.993	1.955	
Lipids:							
Saturated, total	g	2.920		0	11.417	2.482	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.235	0.051	
15.0	g						
16:0	g	1.510		0	5.904	1.283	
17:0	g						
18:0	g	1.270		0	4.966	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500	0	9.775	2.125
14:1	g				
16:1	g	0.100	0	0.391	0.085
18:1	g	2.000	0	7.820	1.700
20:1	g	0.230	0	0.899	0.196
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.440	0	5.630	1.224
18:2	g	0.030	0	0.117	0.026
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.300	0	1.173	0.255
20:5	g	0.000	0	0.000	0.000
22:5	g	0.300	0	1.173	0.255
22:6	g	0.670	0	2.620	0.570
Cholesterol	mg	2054	0	8031	1746
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.090	0	0.352	0.077
Threonine	g	0.526	0	2.057	0.447
Isoleucine	g	0.429	0	1.677	0.365
Leucine	g	0.831	0	3.249	0.706
Lysine	g	0.662	0	2.588	0.563
Methionine	g	0.230	0	0.899	0.196
Cystine	g	0.197	0	0.770	0.167
Phenylalanine	g	0.560	0	2.190	0.476
Tyrosine	g	0.393	0	1.537	0.334
Valine	g	0.544	0	2.127	0.462
Arginine	g	0.604	0	2.362	0.513
Histidine	g	0.282	0	1.103	0.240
Alanine	g	0.613	0	2.397	0.521
Aspartic acid	g	0.992	0	3.879	0.843
Glutamic acid	g	1.351	0	5.282	1.148
Glycine	g	0.522	0	2.041	0.444
Proline	g	0.459	0	1.795	0.390
Serine	g	0.641	0	2.506	0.545
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13321 Beef, variety meats and by-products, heart, raw

Refuse: 19% Fat and values

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	75.56	1.467	15	21.42	85.38	
Energy	kcal	117		0	33	132	
Energy	kj	490		0	139	554	
Protein (N x 5.95)	g	17.05	0.193	4	4.83	19.27	
Total lipid (fat)	g	3.78	0.300	4	1.07	4.27	
Carbohydrate, by difference	g	2.58		0	0.73	2.92	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03	0.020	10	0.29	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.469	7	1	2	
Iron	mg	4.61	0.133	10	1.31	5.21	
Magnesium	mg	23	1.045	7	7	26	
Phosphorus	mg	173	3.866	7	49	195	
Potassium	mg	266	8.472	7	75	301	
Sodium	mg	63	4.887	11	18	71	
Zinc	mg	2.38	0.129	38	0.67	2.69	
Copper	mg	0.361	0.011	8	0.102	0.408	
Manganese	mg	0.041	0.003	2	0.012	0.046	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.3	0.829	6	1.8	7.1	
Thiamin	mg	0.190		1	0.054	0.215	
Riboflavin	mg	1.020		1	0.289	1.153	
Niacin	mg	9.460		1	2.682	10.690	
Pantothenic acid	mg	2.320		1	0.658	2.622	
Vitamin B-6	mg	0.430	0.077	2	0.122	0.486	
Folate	µg	2		1	1	2	
Vitamin B-12	µg	13.66	0.345	2	3.87	15.44	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg	0.200		0	0.057	0.226	
Lipids:							
Saturated, total	g	1.130		0	0.320	1.277	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090	0.023	2	0.026	0.102	
15.0	g						
16:0	g	0.470	0.055	7	0.133	0.531	
17:0	g						
18:0	g	0.520	0.033	7	0.147	0.588	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840		0	0.238	0.949
14:1	g					
16:1	g	0.070	0.188	7	0.020	0.079
18:1	g	0.710	0.122	7	0.201	0.802
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.920		0	0.261	1.040
18:2	g	0.610	0.120	7	0.173	0.689
18:3	g	0.010		1	0.003	0.011
18:4	g	0.000		0	0.000	0.000
20:4	g	0.300	0.060	7	0.085	0.339
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	140		1	40	158
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.191		0	0.054	0.216
Threonine	g	0.804		0	0.228	0.909
Isoleucine	g	0.748		0	0.212	0.845
Leucine	g	1.508		0	0.428	1.704
Lysine	g	1.405		0	0.398	1.588
Methionine	g	0.437		0	0.124	0.494
Cystine	g	0.223		0	0.063	0.252
Phenylalanine	g	0.772		0	0.219	0.872
Tyrosine	g	0.620		0	0.176	0.701
Valine	g	0.890		0	0.252	1.006
Arginine	g	1.141		0	0.323	1.289
Histidine	g	0.467		0	0.132	0.528
Alanine	g	1.053		0	0.299	1.190
Aspartic acid	g	1.569		0	0.445	1.773
Glutamic acid	g	2.695		0	0.764	3.045
Glycine	g	0.890		0	0.252	1.006
Proline	g	0.802		0	0.227	0.906
Serine	g	0.786		0	0.223	0.888
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13322 Beef, variety meats and by-products, heart, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.08	0.532	4	164.69	54.47	
Energy	kcal	175		0	450	149	
Energy	kj	732		0	1881	622	
Protein (N x 5.95)	g	28.79	0.198	4	73.99	24.47	
Total lipid (fat)	g	5.62	0.433	4	14.44	4.78	
Carbohydrate, by difference	g	0.42		0	1.08	0.36	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.012	4	2.80	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	15	5	
Iron	mg	7.51		1	19.30	6.38	
Magnesium	mg	25		1	64	21	
Phosphorus	mg	250		1	643	213	
Potassium	mg	233		1	599	198	
Sodium	mg	63		1	162	54	
Zinc	mg	3.13		1	8.04	2.66	
Copper	mg	0.740		1	1.902	0.629	
Manganese	mg	0.059		1	0.152	0.050	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		1	3.9	1.3	
Thiamin	mg	0.140		1	0.360	0.119	
Riboflavin	mg	1.540		1	3.958	1.309	
Niacin	mg	4.070		1	10.460	3.460	
Pantothenic acid	mg	0.870		1	2.236	0.740	
Vitamin B-6	mg	0.210		1	0.540	0.179	
Folate	µg	2		0	5	2	
Vitamin B-12	µg	14.30		1	36.75	12.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.720		0	1.850	0.612	
Lipids:							
Saturated, total	g	1.680		0	4.318	1.428	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.130	0.034	2	0.334	0.111	
15.0	g						
16:0	g	0.700	0.081	7	1.799	0.595	
17:0	g						
18:0	g	0.770	0.049	7	1.979	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.250		0	3.212	1.063
14:1	g					
16:1	g	0.100	0.280	7	0.257	0.085
18:1	g	1.050	0.181	7	2.699	0.893
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.370		0	3.521	1.165
18:2	g	0.900	0.178	7	2.313	0.765
18:3	g	0.020		1	0.051	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.450	0.090	7	1.157	0.383
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	193		0	496	164
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.322		0	0.828	0.274
Threonine	g	1.359		0	3.493	1.155
Isoleucine	g	1.262		0	3.243	1.073
Leucine	g	2.547		0	6.546	2.165
Lysine	g	2.372		0	6.096	2.016
Methionine	g	0.737		0	1.894	0.626
Cystine	g	0.378		0	0.971	0.321
Phenylalanine	g	1.303		0	3.349	1.108
Tyrosine	g	1.046		0	2.688	0.889
Valine	g	1.502		0	3.860	1.277
Arginine	g	1.925		0	4.947	1.636
Histidine	g	0.792		0	2.035	0.673
Alanine	g	1.778		0	4.569	1.511
Aspartic acid	g	2.648		0	6.805	2.251
Glutamic acid	g	4.551		0	11.696	3.868
Glycine	g	1.502		0	3.860	1.277
Proline	g	1.354		0	3.480	1.151
Serine	g	1.327		0	3.410	1.128
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13323 Beef, variety meats and by-products, kidneys, raw

Refuse: 18% Fat, veins and connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	77.02	0.569	28	21.84	87.03	
Energy	kcal	107		0	30	121	
Energy	kj	448		0	127	506	
Protein (N x 5.95)	g	16.59	0.572	5	4.70	18.75	
Total lipid (fat)	g	3.08	0.336	9	0.87	3.48	
Carbohydrate, by difference	g	2.18		0	0.62	2.46	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.031	11	0.32	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.790	9	2	7	
Iron	mg	7.36	0.587	13	2.09	8.32	
Magnesium	mg	17	0.569	9	5	19	
Phosphorus	mg	210	14.437	9	60	237	
Potassium	mg	257	7.543	8	73	290	
Sodium	mg	179	9.099	8	51	202	
Zinc	mg	1.85	0.021	251	0.52	2.09	
Copper	mg	0.469	0.018	509	0.133	0.530	
Manganese	mg	0.102	0.002	231	0.029	0.115	
Selenium	µg	148.8	0.777	9	42.2	168.1	
Vitamins:							
Ascorbic acid	mg	8.9	1.513	6	2.5	10.1	
Thiamin	mg	0.380	0.110	2	0.108	0.429	
Riboflavin	mg	2.550		1	0.723	2.882	
Niacin	mg	7.950		1	2.254	8.983	
Pantothenic acid	mg	3.642	0.422	2	1.033	4.115	
Vitamin B-6	mg	0.510	0.095	3	0.145	0.576	
Folate	µg	80	14.550	4	23	90	
Vitamin B-12	µg	27.02	10.685	2	7.66	30.53	
Vitamin A	IU	880	100.000	3	249	994	
Vitamin A, RE	µg	264	30.030	3	75	298	
Vitamin E, α-TE	mg	0.200		0	0.057	0.226	
Lipids:							
Saturated, total	g	0.970		0	0.275	1.096	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.050	0.035	2	0.014	0.057	
15.0	g						
16:0	g	0.420	0.018	7	0.119	0.475	
17:0	g						
18:0	g	0.460	0.007	7	0.130	0.520	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.660		0	0.187	0.746
14:1	g					
16:1	g	0.040	0.007	7	0.011	0.045
18:1	g	0.550	0.030	7	0.156	0.622
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.670		0	0.190	0.757
18:2	g	0.360	0.049	7	0.102	0.407
18:3	g	0.010		1	0.003	0.011
18:4	g	0.000		0	0.000	0.000
20:4	g	0.300	0.008	6	0.085	0.339
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	285	64.900	2	81	322
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.226		3	0.064	0.255
Threonine	g	0.802		4	0.227	0.906
Isoleucine	g	0.677		4	0.192	0.765
Leucine	g	1.330		4	0.377	1.503
Lysine	g	1.104		4	0.313	1.248
Methionine	g	0.345		4	0.098	0.390
Cystine	g	0.050		4	0.014	0.057
Phenylalanine	g	0.796		4	0.226	0.899
Tyrosine	g	0.624		4	0.177	0.705
Valine	g	1.035		4	0.293	1.170
Arginine	g	0.974		4	0.276	1.101
Histidine	g	0.433		4	0.123	0.489
Alanine	g	0.932		4	0.264	1.053
Aspartic acid	g	1.465		4	0.415	1.655
Glutamic acid	g	1.932		4	0.548	2.183
Glycine	g	1.011		4	0.287	1.142
Proline	g	0.947		4	0.268	1.070
Serine	g	0.812		4	0.230	0.918
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.83	3.170	2	135.60	58.51	
Energy	kcal	144		0	284	122	
Energy	kj	602		0	1186	512	
Protein (N x 5.95)	g	25.48	0.943	4	50.20	21.66	
Total lipid (fat)	g	3.44	0.228	4	6.78	2.92	
Carbohydrate, by difference	g	0.96		0	1.89	0.82	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.29	0.041	4	2.54	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	17		1	33	14	
Iron	mg	7.31		1	14.40	6.21	
Magnesium	mg	18		1	35	15	
Phosphorus	mg	306		1	603	260	
Potassium	mg	179		1	353	152	
Sodium	mg	134		1	264	114	
Zinc	mg	4.22		1	8.31	3.59	
Copper	mg	0.680		1	1.340	0.578	
Manganese	mg	0.185		1	0.364	0.157	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		1	1.6	0.7	
Thiamin	mg	0.190		1	0.374	0.161	
Riboflavin	mg	4.060		1	7.998	3.451	
Niacin	mg	6.020		1	11.859	5.117	
Pantothenic acid	mg	1.690		1	3.329	1.437	
Vitamin B-6	mg	0.520		1	1.024	0.442	
Folate	µg	98		0	193	83	
Vitamin B-12	µg	51.30		1	101.06	43.60	
Vitamin A	IU	1241		0	2445	1055	
Vitamin A, RE	µg	373		0	735	317	
Vitamin E, α-TE	mg	0.180		0	0.355	0.153	
Lipids:							
Saturated, total	g	1.090		0	2.147	0.927	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		1	0.020	0.009	
12:0	g	0.010		1	0.020	0.009	
14:0	g	0.060	0.039	2	0.118	0.051	
15.0	g						
16:0	g	0.470	0.020	7	0.926	0.400	
17:0	g						
18:0	g	0.510	0.008	7	1.005	0.434	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.740		0	1.458	0.629
14:1	g					
16:1	g	0.040	0.008	7	0.079	0.034
18:1	g	0.610	0.033	7	1.202	0.518
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.740		0	1.458	0.629
18:2	g	0.400	0.054	7	0.788	0.340
18:3	g	0.010		1	0.020	0.009
18:4	g	0.000		0	0.000	0.000
20:4	g	0.330	0.009	6	0.650	0.281
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	387		0	762	329
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.347		0	0.684	0.295
Threonine	g	1.231		0	2.425	1.046
Isoleucine	g	1.040		0	2.049	0.884
Leucine	g	2.043		0	4.025	1.737
Lysine	g	1.696		0	3.341	1.442
Methionine	g	0.530		0	1.044	0.451
Cystine	g	0.077		0	0.152	0.065
Phenylalanine	g	1.223		0	2.409	1.040
Tyrosine	g	0.958		0	1.887	0.814
Valine	g	1.590		0	3.132	1.352
Arginine	g	1.496		0	2.947	1.272
Histidine	g	0.665		0	1.310	0.565
Alanine	g	1.431		0	2.819	1.216
Aspartic acid	g	2.251		0	4.434	1.913
Glutamic acid	g	2.968		0	5.847	2.523
Glycine	g	1.553		0	3.059	1.320
Proline	g	1.455		0	2.866	1.237
Serine	g	1.248		0	2.459	1.061
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13325 Beef, variety meats and by-products, liver, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	68.99	0.390	50	19.56	77.96	
Energy	kcal	143		0	41	162	
Energy	kj	598		0	170	676	
Protein (N x 5.95)	g	20.00	0.295	6	5.67	22.60	
Total lipid (fat)	g	3.85	0.479	15	1.09	4.35	
Carbohydrate, by difference	g	5.82		0	1.65	6.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34	0.035	11	0.38	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	7	
Iron	mg	6.82	0.425	33	1.93	7.71	
Magnesium	mg	19	2.507	13	5	21	
Phosphorus	mg	318	20.629	10	90	359	
Potassium	mg	323	7.953	10	92	365	
Sodium	mg	73	1.934	9	21	82	
Zinc	mg	3.92	0.108	293	1.11	4.43	
Copper	mg	3.339	0.166	311	0.947	3.773	
Manganese	mg	0.264	0.005	232	0.075	0.298	
Selenium	µg	41.3	2.058	6	11.7	46.7	
Vitamins:							
Ascorbic acid	mg	22.0	0.760	5	6.2	24.9	
Thiamin	mg	0.260	0.028	2	0.074	0.294	
Riboflavin	mg	2.780	0.085	3	0.788	3.141	
Niacin	mg	12.780	0.268	3	3.623	14.441	
Pantothenic acid	mg	7.620	1.718	2	2.160	8.611	
Vitamin B-6	mg	0.940	0.141	4	0.266	1.062	
Folate	µg	248	61.359	9	70	280	
Vitamin B-12	µg	69.19	6.495	9	19.62	78.18	
Vitamin A	IU	35346	185.678	29	10021	39941	
Vitamin A, RE	µg	10503		0	2978	11868	
Vitamin E, α-TE	mg	0.670		0	0.190	0.757	
Lipids:							
Saturated, total	g	1.500		0	0.425	1.695	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.040		1	0.011	0.045	
15.0	g						
16:0	g	0.470		1	0.133	0.531	
17:0	g						
18:0	g	0.960		1	0.272	1.085	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.510		0	0.145	0.576
14:1	g					
16:1	g	0.040		1	0.011	0.045
18:1	g	0.470		1	0.133	0.531
20:1	g	0.000		1	0.000	0.000
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	0.840		0	0.238	0.949
18:2	g	0.350		1	0.099	0.395
18:3	g	0.000		1	0.000	0.000
18:4	g	0.000		1	0.000	0.000
20:4	g	0.230		1	0.065	0.260
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.200		1	0.057	0.226
Cholesterol	mg	354	13.073	22	100	400
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.288		0	0.082	0.325
Threonine	g	0.915		0	0.259	1.034
Isoleucine	g	0.915		0	0.259	1.034
Leucine	g	1.882		0	0.534	2.127
Lysine	g	1.389		0	0.394	1.570
Methionine	g	0.506		0	0.143	0.572
Cystine	g	0.307		0	0.087	0.347
Phenylalanine	g	1.066		0	0.302	1.205
Tyrosine	g	0.794		0	0.225	0.897
Valine	g	1.235		0	0.350	1.396
Arginine	g	1.258		0	0.357	1.422
Histidine	g	0.547		0	0.155	0.618
Alanine	g	1.194		0	0.338	1.349
Aspartic acid	g	1.923		0	0.545	2.173
Glutamic acid	g	2.710		0	0.768	3.062
Glycine	g	1.146		0	0.325	1.295
Proline	g	1.056		0	0.299	1.193
Serine	g	0.960		0	0.272	1.085
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13326 Beef, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 336g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.91	2.414	4	221.46	56.02	
Energy	kcal	161		0	541	137	
Energy	kj	674		0	2265	573	
Protein (N x 5.95)	g	24.38	1.507	4	81.92	20.72	
Total lipid (fat)	g	4.89	0.641	4	16.43	4.16	
Carbohydrate, by difference	g	3.41		0	11.46	2.90	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.010	4	4.74	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	24	6	
Iron	mg	6.77		1	22.75	5.75	
Magnesium	mg	20		1	67	17	
Phosphorus	mg	404		1	1357	343	
Potassium	mg	235		1	790	200	
Sodium	mg	70		1	235	60	
Zinc	mg	6.07		1	20.40	5.16	
Copper	mg	4.512		1	15.160	3.835	
Manganese	mg	0.413		1	1.388	0.351	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	23.0		1	77.3	19.6	
Thiamin	mg	0.200	0.062	3	0.672	0.170	
Riboflavin	mg	4.100		1	13.776	3.485	
Niacin	mg	10.720		1	36.019	9.112	
Pantothenic acid	mg	4.570		1	15.355	3.885	
Vitamin B-6	mg	0.910		1	3.058	0.774	
Folate	µg	217		1	729	184	
Vitamin B-12	µg	71.00		1	238.56	60.35	
Vitamin A	IU	35679		1	119881	30327	
Vitamin A, RE	µg	10602		0	35623	9012	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.900		0	6.384	1.615	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.060		1	0.202	0.051	
15.0	g						
16:0	g	0.600		1	2.016	0.510	
17:0	g						
18:0	g	1.210		1	4.066	1.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.650	0	2.184	0.553
14:1	g				
16:1	g	0.050	1	0.168	0.043
18:1	g	0.600	1	2.016	0.510
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.070	0	3.595	0.910
18:2	g	0.450	1	1.512	0.383
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	1	0.000	0.000
20:4	g	0.290	1	0.974	0.247
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.250	1	0.840	0.213
Cholesterol	mg	389	1	1307	331
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.351	0	1.179	0.298
Threonine	g	1.116	0	3.750	0.949
Isoleucine	g	1.116	0	3.750	0.949
Leucine	g	2.294	0	7.708	1.950
Lysine	g	1.693	0	5.688	1.439
Methionine	g	0.616	0	2.070	0.524
Cystine	g	0.374	0	1.257	0.318
Phenylalanine	g	1.299	0	4.365	1.104
Tyrosine	g	0.967	0	3.249	0.822
Valine	g	1.506	0	5.060	1.280
Arginine	g	1.533	0	5.151	1.303
Histidine	g	0.667	0	2.241	0.567
Alanine	g	1.455	0	4.889	1.237
Aspartic acid	g	2.344	0	7.876	1.992
Glutamic acid	g	3.304	0	11.101	2.808
Glycine	g	1.396	0	4.691	1.187
Proline	g	1.287	0	4.324	1.094
Serine	g	1.170	0	3.931	0.995
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.68	3.399	4	164.26	47.33	
Energy	kcal	217		0	640	184	
Energy	kj	908		0	2679	772	
Protein (N x 5.95)	g	26.72	2.297	4	78.82	22.71	
Total lipid (fat)	g	8.00	1.154	4	23.60	6.80	
Carbohydrate, by difference	g	7.85		0	23.16	6.67	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75	0.123	4	5.16	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	32	9	
Iron	mg	6.28	1.217	4	18.53	5.34	
Magnesium	mg	23		1	68	20	
Phosphorus	mg	461		1	1360	392	
Potassium	mg	364		1	1074	309	
Sodium	mg	106		1	313	90	
Zinc	mg	5.45	0.810	4	16.08	4.63	
Copper	mg	4.466		1	13.175	3.796	
Manganese	mg	0.423		1	1.248	0.360	
Selenium	µg	57.0	2.453	28	168.2	48.5	
Vitamins:							
Ascorbic acid	mg	23.0		1	67.8	19.6	
Thiamin	mg	0.210		1	0.619	0.179	
Riboflavin	mg	4.140		1	12.213	3.519	
Niacin	mg	14.440		1	42.598	12.274	
Pantothenic acid	mg	5.920		1	17.464	5.032	
Vitamin B-6	mg	1.430		1	4.218	1.216	
Folate	µg	220		1	649	187	
Vitamin B-12	µg	111.80		1	329.81	95.03	
Vitamin A	IU	36105		1	106510	30689	
Vitamin A, RE	µg	10729		0	31651	9120	
Vitamin E, α-TE	mg	0.635		0	1.873	0.540	
Lipids:							
Saturated, total	g	2.670		0	7.877	2.269	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.070		1	0.207	0.060	
15.0	g						
16:0	g	0.970		1	2.862	0.825	
17:0	g						
18:0	g	1.600		1	4.720	1.360	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.620	0	4.779	1.377
14:1	g				
16:1	g	0.050	1	0.148	0.043
18:1	g	1.570	1	4.631	1.335
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.710	0	5.045	1.454
18:2	g	1.000	1	2.950	0.850
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	1	0.000	0.000
20:4	g	0.330	1	0.974	0.281
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.290	1	0.856	0.247
Cholesterol	mg	482	1	1422	410
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.385	0	1.136	0.327
Threonine	g	1.223	0	3.608	1.040
Isoleucine	g	1.223	0	3.608	1.040
Leucine	g	2.514	0	7.416	2.137
Lysine	g	1.855	0	5.472	1.577
Methionine	g	0.675	0	1.991	0.574
Cystine	g	0.410	0	1.209	0.349
Phenylalanine	g	1.424	0	4.201	1.210
Tyrosine	g	1.060	0	3.127	0.901
Valine	g	1.650	0	4.867	1.403
Arginine	g	1.680	0	4.956	1.428
Histidine	g	0.731	0	2.156	0.621
Alanine	g	1.595	0	4.705	1.356
Aspartic acid	g	2.569	0	7.579	2.184
Glutamic acid	g	3.621	0	10.682	3.078
Glycine	g	1.531	0	4.516	1.301
Proline	g	1.411	0	4.162	1.199
Serine	g	1.283	0	3.785	1.091
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13328 Beef, variety meats and by-products, lungs, raw

Refuse: 24% Blood clots and membranes

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.38	0.732	8	22.50	89.70	
Energy	kcal	92		0	26	104	
Energy	kj	385		0	109	435	
Protein (N x 5.95)	g	16.20	0.574	5	4.59	18.31	
Total lipid (fat)	g	2.50	0.498	7	0.71	2.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.020	5	0.28	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	11	
Iron	mg	7.95	0.533	4	2.25	8.98	
Magnesium	mg	14		0	4	16	
Phosphorus	mg	224		0	64	253	
Potassium	mg	340		1	96	384	
Sodium	mg	198		0	56	224	
Zinc	mg	1.61	0.067	10	0.46	1.82	
Copper	mg	0.260		0	0.074	0.294	
Manganese	mg	0.019		0	0.005	0.021	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	38.5	0.850	5	10.9	43.5	
Thiamin	mg	0.047	0.033	3	0.013	0.053	
Riboflavin	mg	0.230	0.120	2	0.065	0.260	
Niacin	mg	4.000		1	1.134	4.520	
Pantothenic acid	mg	1.000		1	0.284	1.130	
Vitamin B-6	mg	0.040	0.029	2	0.011	0.045	
Folate	µg	11		0	3	12	
Vitamin B-12	µg	3.81	0.591	3	1.08	4.31	
Vitamin A	IU	46		0	13	52	
Vitamin A, RE	µg	14		0	4	16	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.860		0	0.244	0.972	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.011	0.045	
15.0	g						
16:0	g	0.450		0	0.128	0.509	
17:0	g						
18:0	g	0.230		0	0.065	0.260	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.640	0	0.181	0.723
14:1	g				
16:1	g	0.090	0	0.026	0.102
18:1	g	0.470	0	0.133	0.531
20:1	g	0.020	0	0.006	0.023
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.340	0	0.096	0.384
18:2	g	0.170	0	0.048	0.192
18:3	g	0.020	0	0.006	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.140	0	0.040	0.158
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	242	1	69	273
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.148	3	0.042	0.167
Threonine	g	0.604	4	0.171	0.683
Isoleucine	g	0.772	3	0.219	0.872
Leucine	g	1.190	3	0.337	1.345
Lysine	g	1.148	4	0.325	1.297
Methionine	g	0.324	5	0.092	0.366
Cystine	g	0.249	4	0.071	0.281
Phenylalanine	g	0.658	4	0.187	0.744
Tyrosine	g	0.365	4	0.103	0.412
Valine	g	0.798	3	0.226	0.902
Arginine	g	0.980	3	0.278	1.107
Histidine	g	0.492	3	0.139	0.556
Alanine	g	1.001	1	0.284	1.131
Aspartic acid	g	0.977	1	0.277	1.104
Glutamic acid	g	1.726	1	0.489	1.950
Glycine	g	0.734	1	0.208	0.829
Proline	g	1.659	2	0.470	1.875
Serine	g	0.816	1	0.231	0.922
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13329 Beef, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 303g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.40	1.255	4	231.49	64.94	
Energy	kcal	120		0	364	102	
Energy	kj	502		0	1521	427	
Protein (N x 5.95)	g	20.40	0.404	3	61.81	17.34	
Total lipid (fat)	g	3.70	0.058	3	11.21	3.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.058	3	3.33	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	33	9	
Iron	mg	5.40		0	16.36	4.59	
Magnesium	mg	10		0	30	9	
Phosphorus	mg	178		0	539	151	
Potassium	mg	173		0	524	147	
Sodium	mg	101		0	306	86	
Zinc	mg	1.64		0	4.97	1.39	
Copper	mg	0.221		0	0.670	0.188	
Manganese	mg	0.015		0	0.045	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	32.7		0	99.1	27.8	
Thiamin	mg	0.035		0	0.106	0.030	
Riboflavin	mg	0.143		0	0.433	0.122	
Niacin	mg	2.492		0	7.551	2.118	
Pantothenic acid	mg	0.623		0	1.888	0.530	
Vitamin B-6	mg	0.020		0	0.061	0.017	
Folate	µg	8		0	24	7	
Vitamin B-12	µg	2.59		0	7.85	2.20	
Vitamin A	IU	39		0	118	33	
Vitamin A, RE	µg	12		0	36	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.270		0	3.848	1.080	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.182	0.051	
15.0	g						
16:0	g	0.670		0	2.030	0.570	
17:0	g						
18:0	g	0.350		0	1.061	0.298	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950	0	2.878	0.808
14:1	g				
16:1	g	0.140	0	0.424	0.119
18:1	g	0.700	0	2.121	0.595
20:1	g	0.030	0	0.091	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.510	0	1.545	0.434
18:2	g	0.250	0	0.758	0.213
18:3	g	0.030	0	0.091	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.210	0	0.636	0.179
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	277	0	839	235
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.186	0	0.564	0.158
Threonine	g	0.761	0	2.306	0.647
Isoleucine	g	0.973	0	2.948	0.827
Leucine	g	1.498	0	4.539	1.273
Lysine	g	1.446	0	4.381	1.229
Methionine	g	0.408	0	1.236	0.347
Cystine	g	0.313	0	0.948	0.266
Phenylalanine	g	0.829	0	2.512	0.705
Tyrosine	g	0.460	0	1.394	0.391
Valine	g	1.005	0	3.045	0.854
Arginine	g	1.234	0	3.739	1.049
Histidine	g	0.620	0	1.879	0.527
Alanine	g	1.260	0	3.818	1.071
Aspartic acid	g	1.231	0	3.730	1.046
Glutamic acid	g	2.174	0	6.587	1.848
Glycine	g	0.924	0	2.800	0.785
Proline	g	2.089	0	6.330	1.776
Serine	g	1.028	0	3.115	0.874
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13330 Beef, variety meats and by-products, mechanically separated beef, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	59.39	0.546	56	16.84	134.82	
Energy	kcal	276		0	78	627	
Energy	kj	1155		0	327	2622	
Protein (N x 5.95)	g	14.97	0.100	56	4.24	33.98	
Total lipid (fat)	g	23.52	0.540	64	6.67	53.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.14	0.371	56	0.61	4.86	
Sugars, total	g						
Minerals:							
Calcium	mg	485	16.000	55	137	1101	
Iron	mg	5.67	0.616	36	1.61	12.87	
Magnesium	mg	17		0	5	39	
Phosphorus	mg	324	9.075	28	92	735	
Potassium	mg	277		0	79	629	
Sodium	mg	57		0	16	129	
Zinc	mg	3.58	0.097	47	1.01	8.13	
Copper	mg	0.056	0.002	20	0.016	0.127	
Manganese	mg	0.012		0	0.003	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.072		0	0.020	0.163	
Riboflavin	mg	0.118		0	0.033	0.268	
Niacin	mg	2.546		0	0.722	5.779	
Pantothenic acid	mg	0.279		0	0.079	0.633	
Vitamin B-6	mg	0.290		0	0.082	0.658	
Folate	µg	5		0	1	11	
Vitamin B-12	µg	2.56		0	0.73	5.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.780		0	3.340	26.741	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040	0.009	3	0.011	0.091	
14:0	g	0.640	0.010	3	0.181	1.453	
15.0	g						
16:0	g	5.660	0.119	3	1.605	12.848	
17:0	g						
18:0	g	4.870	0.190	3	1.381	11.055	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.440		0	2.393	19.159
14:1	g					
16:1	g	0.560	0.017	3	0.159	1.271
18:1	g	7.590	0.178	3	2.152	17.229
20:1	g	0.070	0.001	3	0.020	0.159
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.760		0	0.215	1.725
18:2	g	0.590	0.020	3	0.167	1.339
18:3	g	0.170	0.008	3	0.048	0.386
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	209	11.006	18	59	474
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.168		0	0.048	0.381
Threonine	g	0.474		30	0.134	1.076
Isoleucine	g	0.584		30	0.166	1.326
Leucine	g	1.199		30	0.340	2.722
Lysine	g	1.161		30	0.329	2.635
Methionine	g	0.426		30	0.121	0.967
Cystine	g	0.230		30	0.065	0.522
Phenylalanine	g	0.644		30	0.183	1.462
Tyrosine	g	0.381		30	0.108	0.865
Valine	g	0.915		30	0.259	2.077
Arginine	g	1.154		30	0.327	2.620
Histidine	g	0.443		30	0.126	1.006
Alanine	g	1.005		30	0.285	2.281
Aspartic acid	g	1.312		30	0.372	2.978
Glutamic acid	g	2.121		30	0.601	4.815
Glycine	g	1.238		30	0.351	2.810
Proline	g	0.922		30	0.261	2.093
Serine	g	0.570		30	0.162	1.294
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz

NDB No. 13331 Beef, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	65.20	2.078	3	18.48	73.68	
Energy	kcal	235		0	67	266	
Energy	kj	983		0	279	1111	
Protein (N x 5.95)	g	15.70	0.462	3	4.45	17.74	
Total lipid (fat)	g	18.60	2.252	3	5.27	21.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.058	3	0.37	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	9	5.000	2	3	10	
Iron	mg	2.22	0.082	2	0.63	2.51	
Magnesium	mg	18	2.500	2	5	20	
Phosphorus	mg	327	8.000	2	93	370	
Potassium	mg	276	27.000	2	78	312	
Sodium	mg	67	5.000	2	19	76	
Zinc	mg	2.58	0.108	35	0.73	2.92	
Copper	mg	0.060	0.000	2	0.017	0.068	
Manganese	mg	0.150	0.005	12	0.043	0.170	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	13.7	0.581	5	3.9	15.5	
Thiamin	mg	0.140		0	0.040	0.158	
Riboflavin	mg	0.445	0.105	2	0.126	0.503	
Niacin	mg	4.450	1.414	2	1.262	5.029	
Pantothenic acid	mg	3.900	0.520	2	1.106	4.407	
Vitamin B-6	mg	0.200	0.000	1	0.057	0.226	
Folate	µg	3		0	1	3	
Vitamin B-12	µg	14.00	0.000	2	3.97	15.82	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.410		0	1.817	7.243	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.150		0	0.043	0.170	
15.0	g						
16:0	g	3.430		0	0.972	3.876	
17:0	g						
18:0	g	2.400		0	0.680	2.712	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.440	0	1.826	7.277
14:1	g				
16:1	g	1.110	0	0.315	1.254
18:1	g	5.330	0	1.511	6.023
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.470	0	0.984	3.921
18:2	g	2.030	0	0.576	2.294
18:3	g	0.130	0	0.037	0.147
18:4	g	0.000	0	0.000	0.000
20:4	g	0.800	0	0.227	0.904
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	205	0	58	232
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.203	4	0.058	0.229
Threonine	g	0.728	5	0.206	0.823
Isoleucine	g	0.794	5	0.225	0.897
Leucine	g	1.226	5	0.348	1.385
Lysine	g	1.158	5	0.328	1.309
Methionine	g	0.284	4	0.081	0.321
Cystine	g	0.201	0	0.057	0.227
Phenylalanine	g	0.653	5	0.185	0.738
Tyrosine	g	0.686	1	0.194	0.775
Valine	g	0.842	5	0.239	0.951
Arginine	g	0.897	5	0.254	1.014
Histidine	g	0.309	5	0.088	0.349
Alanine	g	0.804	0	0.228	0.909
Aspartic acid	g	1.507	1	0.427	1.703
Glutamic acid	g	1.316	2	0.373	1.487
Glycine	g	0.957	1	0.271	1.081
Proline	g	0.804	0	0.228	0.909
Serine	g	0.628	0	0.178	0.710
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13332 Beef, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 222g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.60	0.346	3	123.43	47.26	
Energy	kcal	271		0	602	230	
Energy	kj	1134		0	2517	964	
Protein (N x 5.95)	g	27.10	0.693	3	60.16	23.04	
Total lipid (fat)	g	17.20	0.635	3	38.18	14.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50	0.000	3	3.33	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	36	14	
Iron	mg	2.61		0	5.79	2.22	
Magnesium	mg	21		0	47	18	
Phosphorus	mg	453		0	1006	385	
Potassium	mg	246		0	546	209	
Sodium	mg	60		0	133	51	
Zinc	mg	4.60		0	10.21	3.91	
Copper	mg	0.089		0	0.198	0.076	
Manganese	mg	0.208		0	0.462	0.177	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	20.3		0	45.1	17.3	
Thiamin	mg	0.180		0	0.400	0.153	
Riboflavin	mg	0.485		0	1.077	0.412	
Niacin	mg	3.970		0	8.813	3.374	
Pantothenic acid	mg	4.248		0	9.431	3.611	
Vitamin B-6	mg	0.180		0	0.400	0.153	
Folate	µg	3		0	7	3	
Vitamin B-12	µg	16.60		0	36.85	14.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.900		0	13.098	5.015	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.140		0	0.311	0.119	
15.0	g						
16:0	g	3.160		0	7.015	2.686	
17:0	g						
18:0	g	2.210		0	4.906	1.878	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.930	0	13.165	5.040
14:1	g				
16:1	g	1.020	0	2.264	0.867
18:1	g	4.900	0	10.878	4.165
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.200	0	7.104	2.720
18:2	g	1.870	0	4.151	1.590
18:3	g	0.120	0	0.266	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.740	0	1.643	0.629
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	262	0	582	223
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.351	0	0.779	0.298
Threonine	g	1.257	0	2.791	1.068
Isoleucine	g	1.370	0	3.041	1.165
Leucine	g	2.116	0	4.698	1.799
Lysine	g	1.999	0	4.438	1.699
Methionine	g	0.490	0	1.088	0.417
Cystine	g	0.347	0	0.770	0.295
Phenylalanine	g	1.127	0	2.502	0.958
Tyrosine	g	1.184	0	2.628	1.006
Valine	g	1.453	0	3.226	1.235
Arginine	g	1.548	0	3.437	1.316
Histidine	g	0.533	0	1.183	0.453
Alanine	g	1.388	0	3.081	1.180
Aspartic acid	g	2.602	0	5.776	2.212
Glutamic acid	g	2.272	0	5.044	1.931
Glycine	g	1.652	0	3.667	1.404
Proline	g	1.388	0	3.081	1.180
Serine	g	1.084	0	2.406	0.921
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13333 Beef, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	77.20	0.864	8	21.89	87.24	
Energy	kcal	105		0	30	119	
Energy	kj	439		0	124	496	
Protein (N x 5.95)	g	18.30	0.856	5	5.19	20.68	
Total lipid (fat)	g	3.00	0.548	7	0.85	3.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38	0.020	5	0.39	1.56	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	3	10	
Iron	mg	44.55	7.345	2	12.63	50.34	
Magnesium	mg	22		1	6	25	
Phosphorus	mg	296		1	84	334	
Potassium	mg	429	9.000	2	122	485	
Sodium	mg	85		1	24	96	
Zinc	mg	2.11	0.152	22	0.60	2.38	
Copper	mg	0.168	0.008	2	0.048	0.190	
Manganese	mg	0.073		1	0.021	0.082	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	45.5	1.297	5	12.9	51.4	
Thiamin	mg	0.050		1	0.014	0.057	
Riboflavin	mg	0.370		1	0.105	0.418	
Niacin	mg	8.400		1	2.381	9.492	
Pantothenic acid	mg	1.081		0	0.306	1.222	
Vitamin B-6	mg	0.070		1	0.020	0.079	
Folate	µg	4		0	1	5	
Vitamin B-12	µg	5.68	0.586	3	1.61	6.42	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.000		0	0.284	1.130	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.011	
14:0	g	0.070		0	0.020	0.079	
15.0	g						
16:0	g	0.530		0	0.150	0.599	
17:0	g						
18:0	g	0.380		0	0.108	0.429	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.780	0	0.221	0.881
14:1	g				
16:1	g	0.120	0	0.034	0.136
18:1	g	0.680	0	0.193	0.768
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.220	0	0.062	0.249
18:2	g	0.220	0	0.062	0.249
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	263	1	75	297
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.190	4	0.054	0.215
Threonine	g	0.720	3	0.204	0.814
Isoleucine	g	0.706	3	0.200	0.798
Leucine	g	1.616	3	0.458	1.826
Lysine	g	1.323	3	0.375	1.495
Methionine	g	0.337	3	0.096	0.381
Cystine	g	0.530	1	0.150	0.599
Phenylalanine	g	0.735	3	0.208	0.831
Tyrosine	g	0.521	2	0.148	0.589
Valine	g	1.101	3	0.312	1.244
Arginine	g	1.060	2	0.301	1.198
Histidine	g	0.656	2	0.186	0.741
Alanine	g	1.417	1	0.402	1.601
Aspartic acid	g	1.291	1	0.366	1.459
Glutamic acid	g	1.672	1	0.474	1.889
Glycine	g	1.107	1	0.314	1.251
Proline	g	1.107	1	0.314	1.251
Serine	g	0.632	1	0.179	0.714
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13334 Beef, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 308g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.98	0.718	4	215.54	59.48	
Energy	kcal	145		0	447	123	
Energy	kj	607		0	1870	516	
Protein (N x 5.95)	g	25.10	0.346	3	77.31	21.34	
Total lipid (fat)	g	4.20	0.289	3	12.94	3.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60	0.058	3	4.93	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	37	10	
Iron	mg	39.36		0	121.23	33.46	
Magnesium	mg	19		0	59	16	
Phosphorus	mg	305		0	939	259	
Potassium	mg	284		0	875	241	
Sodium	mg	57		0	176	48	
Zinc	mg	2.79		0	8.59	2.37	
Copper	mg	0.924		0	2.846	0.785	
Manganese	mg	0.075		0	0.231	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	50.3		0	154.9	42.8	
Thiamin	mg	0.048		0	0.148	0.041	
Riboflavin	mg	0.300		0	0.924	0.255	
Niacin	mg	5.567		0	17.146	4.732	
Pantothenic acid	mg	0.876		0	2.698	0.745	
Vitamin B-6	mg	0.040		0	0.123	0.034	
Folate	µg	4		0	12	3	
Vitamin B-12	µg	5.02		0	15.46	4.27	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.390		0	4.281	1.182	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.062	0.017	
14:0	g	0.100		0	0.308	0.085	
15.0	g						
16:0	g	0.750		0	2.310	0.637	
17:0	g						
18:0	g	0.540		0	1.663	0.459	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120	0	3.450	0.952
14:1	g				
16:1	g	0.160	0	0.493	0.136
18:1	g	0.960	0	2.957	0.816
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.310	0	0.955	0.264
18:2	g	0.310	0	0.955	0.264
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	347	0	1069	295
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.261	0	0.804	0.222
Threonine	g	0.988	0	3.043	0.840
Isoleucine	g	0.968	0	2.981	0.823
Leucine	g	2.217	0	6.828	1.884
Lysine	g	1.815	0	5.590	1.543
Methionine	g	0.462	0	1.423	0.393
Cystine	g	0.727	0	2.239	0.618
Phenylalanine	g	1.008	0	3.105	0.857
Tyrosine	g	0.715	0	2.202	0.608
Valine	g	1.510	0	4.651	1.283
Arginine	g	1.454	0	4.478	1.236
Histidine	g	0.900	0	2.772	0.765
Alanine	g	1.944	0	5.988	1.652
Aspartic acid	g	1.771	0	5.455	1.505
Glutamic acid	g	2.293	0	7.062	1.949
Glycine	g	1.518	0	4.675	1.290
Proline	g	1.518	0	4.675	1.290
Serine	g	0.867	0	2.670	0.737
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13335 Beef, variety meats and by-products, suet, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	4.00		1	1.13	4.52	
Energy	kcal	854		0	242	965	
Energy	kj	3573		0	1013	4037	
Protein (N x 5.95)	g	1.50		1	0.43	1.70	
Total lipid (fat)	g	94.00		1	26.65	106.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.10		1	0.03	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	1	2	
Iron	mg	0.17		0	0.05	0.19	
Magnesium	mg	1		0	0	1	
Phosphorus	mg	15		0	4	17	
Potassium	mg	16	0.019	7	5	18	
Sodium	mg	7		0	2	8	
Zinc	mg	0.22		0	0.06	0.25	
Copper	mg	0.007		0	0.002	0.008	
Manganese	mg	0.001		0	0.000	0.001	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.007		0	0.002	0.008	
Riboflavin	mg	0.013		0	0.004	0.015	
Niacin	mg	0.259		0	0.073	0.293	
Pantothenic acid	mg	0.025		0	0.007	0.028	
Vitamin B-6	mg	0.030		0	0.009	0.034	
Folate	µg	1		0	0	1	
Vitamin B-12	µg	0.27		0	0.08	0.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.500		0	0.425	1.695	
Lipids:							
Saturated, total	g	52.300		0	14.827	59.099	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.070	0.000	2	0.020	0.079	
14:0	g	2.800	0.086	36	0.794	3.164	
15.0	g						
16:0	g	22.570	0.414	42	6.399	25.504	
17:0	g						
18:0	g	24.680	0.818	42	6.997	27.888	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	31.520		0	8.936	35.618
14:1	g					
16:1	g	2.180	0.109	36	0.618	2.463
18:1	g	28.860	0.700	42	8.182	32.612
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.170		0	0.899	3.582
18:2	g	2.150	0.234	40	0.610	2.430
18:3	g	0.860	0.092	31	0.244	0.972
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	68	2.168	5	19	77
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.017		0	0.005	0.019
Threonine	g	0.041		0	0.012	0.046
Isoleucine	g	0.029		0	0.008	0.033
Leucine	g	0.084		0	0.024	0.095
Lysine	g	0.073		0	0.021	0.082
Methionine	g	0.019		0	0.005	0.021
Cystine	g	0.017		0	0.005	0.019
Phenylalanine	g	0.051		0	0.014	0.058
Tyrosine	g	0.030		0	0.009	0.034
Valine	g	0.054		0	0.015	0.061
Arginine	g	0.095		0	0.027	0.107
Histidine	g	0.021		0	0.006	0.024
Alanine	g	0.137		0	0.039	0.155
Aspartic acid	g	0.105		0	0.030	0.119
Glutamic acid	g	0.195		0	0.055	0.220
Glycine	g	0.252		0	0.071	0.285
Proline	g	0.066		0	0.019	0.075
Serine	g	0.059		0	0.017	0.067
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13337 Beef, variety meats and by-products, thymus, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	67.80	0.756	4	19.22	76.61	
Energy	kcal	236		0	67	267	
Energy	kj	987		0	280	1115	
Protein (N x 5.95)	g	12.18	1.262	5	3.45	13.76	
Total lipid (fat)	g	20.35	1.486	4	5.77	23.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38	0.085	4	0.39	1.56	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	8	
Iron	mg	2.10	0.289	3	0.60	2.37	
Magnesium	mg	14		0	4	16	
Phosphorus	mg	393		1	111	444	
Potassium	mg	360		1	102	407	
Sodium	mg	96		1	27	108	
Zinc	mg	2.06		0	0.58	2.33	
Copper	mg	0.048		0	0.014	0.054	
Manganese	mg	0.120		0	0.034	0.136	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	34.0	1.476	5	9.6	38.4	
Thiamin	mg	0.109		0	0.031	0.123	
Riboflavin	mg	0.345		0	0.098	0.390	
Niacin	mg	3.452		0	0.979	3.901	
Pantothenic acid	mg	3.026		0	0.858	3.419	
Vitamin B-6	mg	0.160		0	0.045	0.181	
Folate	µg	2		0	1	2	
Vitamin B-12	µg	2.13	0.060	3	0.60	2.41	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.010		0	1.987	7.921	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.160		0	0.045	0.181	
15.0	g						
16:0	g	3.750		0	1.063	4.237	
17:0	g						
18:0	g	2.630		0	0.746	2.972	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.050	0	1.999	7.966
14:1	g				
16:1	g	1.220	0	0.346	1.379
18:1	g	5.830	0	1.653	6.588
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.800	0	1.077	4.294
18:2	g	2.220	0	0.629	2.509
18:3	g	0.140	0	0.040	0.158
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	223	1	63	252
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.094	2	0.027	0.106
Threonine	g	0.440	1	0.125	0.497
Isoleucine	g	0.415	1	0.118	0.469
Leucine	g	0.813	1	0.230	0.919
Lysine	g	1.013	1	0.287	1.145
Methionine	g	0.170	1	0.048	0.192
Cystine	g	0.156	0	0.044	0.176
Phenylalanine	g	0.349	1	0.099	0.394
Tyrosine	g	0.532	0	0.151	0.601
Valine	g	0.528	1	0.150	0.597
Arginine	g	0.803	1	0.228	0.907
Histidine	g	0.214	1	0.061	0.242
Alanine	g	0.624	0	0.177	0.705
Aspartic acid	g	1.169	0	0.331	1.321
Glutamic acid	g	1.021	0	0.289	1.154
Glycine	g	0.743	0	0.211	0.840
Proline	g	0.624	0	0.177	0.705
Serine	g	0.487	0	0.138	0.550
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13338 Beef, variety meats and by-products, thymus, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 381g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.83	3.015	4	201.28	44.91	
Energy	kcal	319		0	1215	271	
Energy	kj	1335		0	5086	1135	
Protein (N x 5.95)	g	21.85	1.436	4	83.25	18.57	
Total lipid (fat)	g	24.98	7.172	4	95.17	21.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53	0.085	4	5.83	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	38	9	
Iron	mg	1.49		0	5.68	1.27	
Magnesium	mg	10		0	38	9	
Phosphorus	mg	364		1	1387	309	
Potassium	mg	433		1	1650	368	
Sodium	mg	116		1	442	99	
Zinc	mg	2.20		0	8.38	1.87	
Copper	mg	0.043		0	0.164	0.037	
Manganese	mg	0.099		0	0.377	0.084	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	30.2		0	115.1	25.7	
Thiamin	mg	0.084		0	0.320	0.071	
Riboflavin	mg	0.225		0	0.857	0.191	
Niacin	mg	1.840		0	7.010	1.564	
Pantothenic acid	mg	1.972		0	7.513	1.676	
Vitamin B-6	mg	0.080		0	0.305	0.068	
Folate	µg	1		0	4	1	
Vitamin B-12	µg	1.51		0	5.75	1.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.610		0	32.804	7.318	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.200		0	0.762	0.170	
15.0	g						
16:0	g	4.600		0	17.526	3.910	
17:0	g						
18:0	g	3.220		0	12.268	2.737	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.640	0	32.918	7.344
14:1	g				
16:1	g	1.490	0	5.677	1.266
18:1	g	7.150	0	27.242	6.077
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.660	0	17.755	3.961
18:2	g	2.720	0	10.363	2.312
18:3	g	0.170	0	0.648	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	294	0	1120	250
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.168	0	0.640	0.143
Threonine	g	0.790	0	3.010	0.672
Isoleucine	g	0.745	0	2.838	0.633
Leucine	g	1.458	0	5.555	1.239
Lysine	g	1.818	0	6.927	1.545
Methionine	g	0.304	0	1.158	0.258
Cystine	g	0.280	0	1.067	0.238
Phenylalanine	g	0.626	0	2.385	0.532
Tyrosine	g	0.454	0	1.730	0.386
Valine	g	0.947	0	3.608	0.805
Arginine	g	1.440	0	5.486	1.224
Histidine	g	0.385	0	1.467	0.327
Alanine	g	1.119	0	4.263	0.951
Aspartic acid	g	2.098	0	7.993	1.783
Glutamic acid	g	1.832	0	6.980	1.557
Glycine	g	1.332	0	5.075	1.132
Proline	g	1.119	0	4.263	0.951
Serine	g	0.874	0	3.330	0.743
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13339 Beef, variety meats and by-products, tongue, raw

Refuse: 16% Cartilage and connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	64.53	1.057	22	18.29	72.92	
Energy	kcal	224		0	64	253	
Energy	kj	937		0	266	1059	
Protein (N x 5.95)	g	14.90	0.437	19	4.22	16.84	
Total lipid (fat)	g	16.09	1.304	11	4.56	18.18	
Carbohydrate, by difference	g	3.68		0	1.04	4.16	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80	0.006	5	0.23	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	7	
Iron	mg	2.95	0.296	4	0.84	3.33	
Magnesium	mg	16		1	5	18	
Phosphorus	mg	133		1	38	150	
Potassium	mg	315	65.500	2	89	356	
Sodium	mg	69		1	20	78	
Zinc	mg	2.87		1	0.81	3.24	
Copper	mg	0.170		1	0.048	0.192	
Manganese	mg	0.026		1	0.007	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1	0.212	6	0.9	3.5	
Thiamin	mg	0.125	0.035	2	0.035	0.141	
Riboflavin	mg	0.340		1	0.096	0.384	
Niacin	mg	4.240		1	1.202	4.791	
Pantothenic acid	mg	0.653	0.041	3	0.185	0.738	
Vitamin B-6	mg	0.310	0.022	2	0.088	0.350	
Folate	µg	7		1	2	8	
Vitamin B-12	µg	3.79	2.010	2	1.07	4.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.100		0	0.028	0.113	
Lipids:							
Saturated, total	g	7.000		0	1.985	7.910	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.006	0.023	
12:0	g	0.090		0	0.026	0.102	
14:0	g	0.570	0.038	4	0.162	0.644	
15.0	g						
16:0	g	4.220	0.198	4	1.196	4.769	
17:0	g						
18:0	g	2.100	0.477	4	0.595	2.373	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.240		0	2.053	8.181
14:1	g					
16:1	g	0.550	0.036	4	0.156	0.622
18:1	g	6.550	0.318	4	1.857	7.401
20:1	g	0.140		0	0.040	0.158
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.900		0	0.255	1.017
18:2	g	0.580	0.042	4	0.164	0.655
18:3	g	0.000		1	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.310	0.077	3	0.088	0.350
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	87		1	25	98
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.114		4	0.032	0.129
Threonine	g	0.648		4	0.184	0.732
Isoleucine	g	0.641		4	0.182	0.724
Leucine	g	1.113		4	0.316	1.258
Lysine	g	1.149		4	0.326	1.298
Methionine	g	0.315		4	0.089	0.356
Cystine	g	0.195		4	0.055	0.220
Phenylalanine	g	0.615		4	0.174	0.695
Tyrosine	g	0.482		4	0.137	0.545
Valine	g	0.713		4	0.202	0.806
Arginine	g	0.949		4	0.269	1.072
Histidine	g	0.386		4	0.109	0.436
Alanine	g	0.858		4	0.243	0.970
Aspartic acid	g	1.361		4	0.386	1.538
Glutamic acid	g	2.053		4	0.582	2.320
Glycine	g	0.894		4	0.253	1.010
Proline	g	0.696		4	0.197	0.786
Serine	g	0.601		4	0.170	0.679
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13340 Beef, variety meats and by-products, tongue, cooked, simmered

Refuse: 24% Skin and connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.05	0.507	4	145.17	47.64	
Energy	kcal	283		0	733	241	
Energy	kj	1184		0	3067	1006	
Protein (N x 5.95)	g	22.11	0.538	4	57.26	18.79	
Total lipid (fat)	g	20.74	1.441	4	53.72	17.63	
Carbohydrate, by difference	g	0.33		0	0.85	0.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77	0.054	4	1.99	0.65	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	18	6	
Iron	mg	3.39		1	8.78	2.88	
Magnesium	mg	17		1	44	14	
Phosphorus	mg	142		1	368	121	
Potassium	mg	180		1	466	153	
Sodium	mg	60		1	155	51	
Zinc	mg	4.80		1	12.43	4.08	
Copper	mg	0.220		1	0.570	0.187	
Manganese	mg	0.026		1	0.067	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		1	1.3	0.4	
Thiamin	mg	0.030		1	0.078	0.026	
Riboflavin	mg	0.350		1	0.906	0.298	
Niacin	mg	2.150		1	5.569	1.827	
Pantothenic acid	mg	0.520		1	1.347	0.442	
Vitamin B-6	mg	0.160		1	0.414	0.136	
Folate	µg	5		1	13	4	
Vitamin B-12	µg	5.90		1	15.28	5.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.350		0	0.907	0.298	
Lipids:							
Saturated, total	g	8.930		0	23.129	7.590	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.840	0.001	2	2.176	0.714	
15.0	g						
16:0	g	5.910	0.000	2	15.307	5.024	
17:0	g						
18:0	g	2.190	0.004	2	5.672	1.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.470		0	24.527	8.050
14:1	g					
16:1	g	0.640	0.001	2	1.658	0.544
18:1	g	8.840	0.017	2	22.896	7.514
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.780		0	2.020	0.663
18:2	g	0.580	0.001	2	1.502	0.493
18:3	g	0.000		0	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.200	0.001	2	0.518	0.170
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	107		0	277	91
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.170		0	0.440	0.145
Threonine	g	0.962		0	2.492	0.818
Isoleucine	g	0.952		0	2.466	0.809
Leucine	g	1.652		0	4.279	1.404
Lysine	g	1.705		0	4.416	1.449
Methionine	g	0.467		0	1.210	0.397
Cystine	g	0.290		0	0.751	0.247
Phenylalanine	g	0.913		0	2.365	0.776
Tyrosine	g	0.715		0	1.852	0.608
Valine	g	1.058		0	2.740	0.899
Arginine	g	1.408		0	3.647	1.197
Histidine	g	0.573		0	1.484	0.487
Alanine	g	1.274		0	3.300	1.083
Aspartic acid	g	2.020		0	5.232	1.717
Glutamic acid	g	3.046		0	7.889	2.589
Glycine	g	1.327		0	3.437	1.128
Proline	g	1.033		0	2.675	0.878
Serine	g	0.892		0	2.310	0.758
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13341 Beef, variety meats and by-products, tripe, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	81.43	1.674	6	23.09	92.02	
Energy	kcal	98		0	28	111	
Energy	kj	410		0	116	463	
Protein (N x 5.95)	g	14.56	1.064	11	4.13	16.45	
Total lipid (fat)	g	3.95	1.201	6	1.12	4.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.38	0.025	4	0.11	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	10	
Iron	mg	1.95	0.754	4	0.55	2.20	
Magnesium	mg	8		0	2	9	
Phosphorus	mg	79		1	22	89	
Potassium	mg	270		1	77	305	
Sodium	mg	46		0	13	52	
Zinc	mg	2.47	0.144	10	0.70	2.79	
Copper	mg	0.090		0	0.026	0.102	
Manganese	mg	0.010		0	0.003	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.4	0.402	5	1.0	3.8	
Thiamin	mg	0.007	0.003	6	0.002	0.008	
Riboflavin	mg	0.167	0.067	3	0.047	0.189	
Niacin	mg	0.060		0	0.017	0.068	
Pantothenic acid	mg	0.564		0	0.160	0.637	
Vitamin B-6	mg	0.040		0	0.011	0.045	
Folate	µg	2		0	1	2	
Vitamin B-12	µg	1.54		1	0.44	1.74	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.080		0	0.023	0.090	
Lipids:							
Saturated, total	g	2.030		0	0.576	2.294	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		0	0.028	0.113	
15.0	g						
16:0	g	0.810		0	0.230	0.915	
17:0	g						
18:0	g	1.050		0	0.298	1.187	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.310	0	0.371	1.480
14:1	g				
16:1	g	0.080	0	0.023	0.090
18:1	g	1.150	0	0.326	1.299
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.020	0.079
18:2	g	0.050	0	0.014	0.057
18:3	g	0.020	0	0.006	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.006	0.023
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	95	1	27	107
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.114	5	0.032	0.129
Threonine	g	0.503	7	0.143	0.568
Isoleucine	g	0.589	6	0.167	0.666
Leucine	g	0.948	6	0.269	1.071
Lysine	g	1.044	7	0.296	1.180
Methionine	g	0.315	9	0.089	0.356
Cystine	g	0.168	4	0.048	0.190
Phenylalanine	g	0.471	8	0.134	0.532
Tyrosine	g	0.396	7	0.112	0.447
Valine	g	0.613	6	0.174	0.693
Arginine	g	0.995	6	0.282	1.124
Histidine	g	0.363	5	0.103	0.410
Alanine	g	0.925	3	0.262	1.045
Aspartic acid	g	1.128	3	0.320	1.275
Glutamic acid	g	1.946	3	0.552	2.199
Glycine	g	1.191	3	0.338	1.346
Proline	g	1.160	4	0.329	1.311
Serine	g	0.669	3	0.190	0.756
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 13344 Beef, cured, breakfast strips, raw or unheated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	45.20	0.405	22	30.74	153.68	
Energy	kcal	406		0	276	1380	
Energy	kj	1699		0	1155	5777	
Protein (N x 5.95)	g	12.50	0.107	22	8.50	42.50	
Total lipid (fat)	g	38.80	0.362	22	26.38	131.92	
Carbohydrate, by difference	g	0.70		0	0.48	2.38	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.80	0.021	22	1.90	9.52	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	3	14	
Iron	mg	1.23	0.055	22	0.84	4.18	
Magnesium	mg	11	0.256	22	7	37	
Phosphorus	mg	100	2.558	22	68	340	
Potassium	mg	153	6.822	22	104	520	
Sodium	mg	955	14.284	22	649	3247	
Zinc	mg	2.39	0.066	22	1.63	8.13	
Copper	mg	0.058		0	0.039	0.197	
Manganese	mg	0.010		0	0.007	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	24.0	1.066	22	16.3	81.6	
Thiamin	mg	0.060	0.002	22	0.041	0.204	
Riboflavin	mg	0.120	0.004	22	0.082	0.408	
Niacin	mg	2.970	0.158	22	2.020	10.098	
Pantothenic acid	mg	0.217		0	0.148	0.738	
Vitamin B-6	mg	0.170	0.006	22	0.116	0.578	
Folate	µg	5		0	3	17	
Vitamin B-12	µg	1.64	0.075	22	1.12	5.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	15.950		0	10.846	54.230	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.160	0.024	22	0.109	0.544	
12:0	g	0.110	0.016	22	0.075	0.374	
14:0	g	1.310	0.040	22	0.891	4.454	
15.0	g						
16:0	g	8.480	0.136	22	5.766	28.832	
17:0	g						
18:0	g	5.030	0.116	22	3.420	17.102	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.680		0	12.702	63.512
14:1	g					
16:1	g	2.470	0.053	22	1.680	8.398
18:1	g	16.210	0.197	22	11.023	55.114
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.190		0	1.489	7.446
18:2	g	1.670	0.146	22	1.136	5.678
18:3	g	0.520	0.055	22	0.354	1.768
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	82	2.558	22	56	279
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.114		0	0.078	0.388
Threonine	g	0.472		0	0.321	1.605
Isoleucine	g	0.540		0	0.367	1.836
Leucine	g	0.918		0	0.624	3.121
Lysine	g	0.958		0	0.651	3.257
Methionine	g	0.290		0	0.197	0.986
Cystine	g	0.160		0	0.109	0.544
Phenylalanine	g	0.450		0	0.306	1.530
Tyrosine	g	0.408		0	0.277	1.387
Valine	g	0.550		0	0.374	1.870
Arginine	g	0.772		0	0.525	2.625
Histidine	g	0.398		0	0.271	1.353
Alanine	g	0.900		0	0.612	3.060
Aspartic acid	g	1.224		0	0.832	4.162
Glutamic acid	g	2.036		0	1.384	6.922
Glycine	g	1.044		0	0.710	3.550
Proline	g	0.900		0	0.612	3.060
Serine	g	0.504		0	0.343	1.714
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 slices

Measure 2: 1 package, (net weight, 12 oz)

NDB No. 13345 Beef, cured, breakfast strips, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	26.20	1.130	22	8.91	44.54	
Energy	kcal	449		0	153	763	
Energy	kj	1879		0	639	3194	
Protein (N x 5.95)	g	31.30	0.853	22	10.64	53.21	
Total lipid (fat)	g	34.40	0.640	22	11.70	58.48	
Carbohydrate, by difference	g	1.40		0	0.48	2.38	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	6.70	0.149	22	2.28	11.39	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	15	
Iron	mg	3.14	0.113	22	1.07	5.34	
Magnesium	mg	27	0.831	22	9	46	
Phosphorus	mg	236	7.249	22	80	401	
Potassium	mg	412	13.432	22	140	700	
Sodium	mg	2253	43.919	22	766	3830	
Zinc	mg	6.37	0.203	22	2.17	10.83	
Copper	mg	0.116		0	0.039	0.197	
Manganese	mg	0.017		0	0.006	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.004	22	0.031	0.153	
Riboflavin	mg	0.260	0.013	22	0.088	0.442	
Niacin	mg	6.470	0.179	22	2.200	10.999	
Pantothenic acid	mg	0.343		0	0.117	0.583	
Vitamin B-6	mg	0.310	0.013	22	0.105	0.527	
Folate	µg	8		0	3	14	
Vitamin B-12	µg	3.45	0.171	22	1.17	5.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.075	0.374	
Lipids:							
Saturated, total	g	14.350		0	4.879	24.395	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.130	0.026	22	0.044	0.221	
12:0	g	0.100	0.017	22	0.034	0.170	
14:0	g	1.220	0.060	22	0.415	2.074	
15.0	g						
16:0	g	7.660	0.171	22	2.604	13.022	
17:0	g						
18:0	g	4.480	0.171	22	1.523	7.616	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.850		0	5.729	28.645
14:1	g					
16:1	g	2.270	0.084	22	0.772	3.859
18:1	g	14.580	0.206	22	4.957	24.786
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.580		0	0.537	2.686
18:2	g	1.250	0.105	22	0.425	2.125
18:3	g	0.330	0.041	22	0.112	0.561
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	119	3.838	22	40	202
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.285		0	0.097	0.484
Threonine	g	1.182		0	0.402	2.009
Isoleucine	g	1.352		0	0.460	2.298
Leucine	g	2.299		0	0.782	3.908
Lysine	g	2.399		0	0.816	4.078
Methionine	g	0.726		0	0.247	1.234
Cystine	g	0.401		0	0.136	0.682
Phenylalanine	g	1.127		0	0.383	1.916
Tyrosine	g	1.022		0	0.347	1.737
Valine	g	1.377		0	0.468	2.341
Arginine	g	1.933		0	0.657	3.286
Histidine	g	0.997		0	0.339	1.695
Alanine	g	2.254		0	0.766	3.832
Aspartic acid	g	3.065		0	1.042	5.210
Glutamic acid	g	5.098		0	1.733	8.667
Glycine	g	2.614		0	0.889	4.444
Proline	g	2.254		0	0.766	3.832
Serine	g	1.262		0	0.429	2.145
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 slices

Measure 2: 1 package (12 oz) yields, cooked

NDB No. 13346 Beef, cured, corned beef, brisket, raw

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.56	0.477	102	18.87	301.92	
Energy	kcal	198		0	56	898	
Energy	kj	828		0	235	3756	
Protein (N x 5.95)	g	14.68	0.185	102	4.16	66.59	
Total lipid (fat)	g	14.90	1.160	18	4.22	67.59	
Carbohydrate, by difference	g	0.14		0	0.04	0.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.73	0.121	10	1.06	16.92	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.812	6	2	32	
Iron	mg	1.69	0.056	19	0.48	7.67	
Magnesium	mg	14	0.793	11	4	64	
Phosphorus	mg	117	9.839	5	33	531	
Potassium	mg	297	31.236	11	84	1347	
Sodium	mg	122	4.146	19	35	553	
Zinc	mg	2.85	0.180	11	0.81	12.93	
Copper	mg	0.110	0.010	6	0.031	0.499	
Manganese	mg	0.020		1	0.006	0.091	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	27.0	3.578	5	7.7	122.5	
Thiamin	mg	0.043	0.006	13	0.012	0.195	
Riboflavin	mg	0.157	0.009	13	0.045	0.712	
Niacin	mg	3.660	0.353	5	1.038	16.602	
Pantothenic acid	mg	0.570		1	0.162	2.586	
Vitamin B-6	mg	0.290	0.018	5	0.082	1.315	
Folate	µg	5		0	1	23	
Vitamin B-12	µg	1.78	0.273	5	0.50	8.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.730		0	1.341	21.455	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.007	5	0.006	0.091	
12:0	g	0.020	0.003	5	0.006	0.091	
14:0	g	0.360	0.044	5	0.102	1.633	
15.0	g						
16:0	g	2.740	0.222	5	0.777	12.429	
17:0	g						
18:0	g	1.340	0.185	5	0.380	6.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.180		0	2.036	32.568
14:1	g					
16:1	g	1.100	0.155	5	0.312	4.990
18:1	g	6.080	0.753	5	1.724	27.579
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.530		0	0.150	2.404
18:2	g	0.380	0.057	5	0.108	1.724
18:3	g	0.150	0.050	5	0.043	0.680
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	54	9.391	5	15	245
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.134		0	0.038	0.608
Threonine	g	0.554		0	0.157	2.513
Isoleucine	g	0.634		0	0.180	2.876
Leucine	g	1.078		0	0.306	4.890
Lysine	g	1.125		0	0.319	5.103
Methionine	g	0.341		0	0.097	1.547
Cystine	g	0.188		0	0.053	0.853
Phenylalanine	g	0.529		0	0.150	2.400
Tyrosine	g	0.479		0	0.136	2.173
Valine	g	0.646		0	0.183	2.930
Arginine	g	0.907		0	0.257	4.114
Histidine	g	0.467		0	0.132	2.118
Alanine	g	1.057		0	0.300	4.795
Aspartic acid	g	1.438		0	0.408	6.523
Glutamic acid	g	2.391		0	0.678	10.846
Glycine	g	1.226		0	0.348	5.561
Proline	g	1.057		0	0.300	4.795
Serine	g	0.592		0	0.168	2.685
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 13347 Beef, cured, corned beef, brisket, cooked

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 320g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.79	1.152	40	191.33	50.82	
Energy	kcal	251		0	803	213	
Energy	kj	1050		0	3360	893	
Protein (N x 5.95)	g	18.17	0.558	40	58.14	15.44	
Total lipid (fat)	g	18.98	2.622	13	60.74	16.13	
Carbohydrate, by difference	g	0.47		0	1.50	0.40	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.60	0.179	5	8.32	2.21	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	26	7	
Iron	mg	1.86	0.117	13	5.95	1.58	
Magnesium	mg	12	1.029	5	38	10	
Phosphorus	mg	125	3.813	13	400	106	
Potassium	mg	145	21.466	5	464	123	
Sodium	mg	1134	49.810	13	3629	964	
Zinc	mg	4.58	0.259	5	14.66	3.89	
Copper	mg	0.154		0	0.493	0.131	
Manganese	mg	0.022		0	0.070	0.019	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.026	0.004	13	0.083	0.022	
Riboflavin	mg	0.170	0.007	13	0.544	0.145	
Niacin	mg	3.030	0.407	5	9.696	2.575	
Pantothenic acid	mg	0.420	0.013	5	1.344	0.357	
Vitamin B-6	mg	0.230	0.009	5	0.736	0.196	
Folate	µg	6		0	19	5	
Vitamin B-12	µg	1.63	0.188	5	5.22	1.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.160		0	0.512	0.136	
Lipids:							
Saturated, total	g	6.340		0	20.288	5.389	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040	0.013	5	0.128	0.034	
12:0	g	0.020	0.008	5	0.064	0.017	
14:0	g	0.500	0.102	5	1.600	0.425	
15.0	g						
16:0	g	3.690	0.394	5	11.808	3.136	
17:0	g						
18:0	g	1.740	0.358	5	5.568	1.479	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.220		0	29.504	7.837
14:1	g					
16:1	g	1.440	0.177	5	4.608	1.224
18:1	g	7.780	0.470	5	24.896	6.613
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.670		0	2.144	0.570
18:2	g	0.540	0.081	5	1.728	0.459
18:3	g	0.130	0.016	5	0.416	0.111
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	98	9.839	5	314	83
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.166		0	0.531	0.141
Threonine	g	0.686		0	2.195	0.583
Isoleucine	g	0.785		0	2.512	0.667
Leucine	g	1.334		0	4.269	1.134
Lysine	g	1.392		0	4.454	1.183
Methionine	g	0.421		0	1.347	0.358
Cystine	g	0.232		0	0.742	0.197
Phenylalanine	g	0.654		0	2.093	0.556
Tyrosine	g	0.593		0	1.898	0.504
Valine	g	0.799		0	2.557	0.679
Arginine	g	1.122		0	3.590	0.954
Histidine	g	0.578		0	1.850	0.491
Alanine	g	1.308		0	4.186	1.112
Aspartic acid	g	1.778		0	5.690	1.511
Glutamic acid	g	2.958		0	9.466	2.514
Glycine	g	1.517		0	4.854	1.289
Proline	g	1.308		0	4.186	1.112
Serine	g	0.732		0	2.342	0.622
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.93		0	150.46	45.84	
Energy	kcal	273		0	762	232	
Energy	kj	1142		0	3186	971	
Protein (N x 5.95)	g	27.33		0	76.25	23.23	
Total lipid (fat)	g	17.37		0	48.46	14.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.15	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	2.73		0	7.62	2.32	
Magnesium	mg	23		0	64	20	
Phosphorus	mg	211		0	589	179	
Potassium	mg	323		0	901	275	
Sodium	mg	62		0	173	53	
Zinc	mg	6.06		0	16.91	5.15	
Copper	mg	0.106		0	0.296	0.090	
Manganese	mg	0.016		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.223	0.068	
Riboflavin	mg	0.220		0	0.614	0.187	
Niacin	mg	3.680		0	10.267	3.128	
Pantothenic acid	mg	0.360		0	1.004	0.306	
Vitamin B-6	mg	0.330		0	0.921	0.281	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.51		0	7.00	2.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.180		0	0.502	0.153	
Lipids:							
Saturated, total	g	6.850		0	19.111	5.822	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.112	0.034	
12:0	g	0.040		0	0.112	0.034	
14:0	g	0.540		0	1.507	0.459	
15.0	g						
16:0	g	4.180		0	11.662	3.553	
17:0	g						
18:0	g	2.030		0	5.664	1.725	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.410	0	20.674	6.299
14:1	g				
16:1	g	0.700	0	1.953	0.595
18:1	g	6.680	0	18.637	5.678
20:1	g	0.030	0	0.084	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	1.758	0.536
18:2	g	0.430	0	1.200	0.366
18:3	g	0.160	0	0.446	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.084	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	243	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.854	0.260
Threonine	g	1.194	0	3.331	1.015
Isoleucine	g	1.229	0	3.429	1.045
Leucine	g	2.160	0	6.026	1.836
Lysine	g	2.274	0	6.344	1.933
Methionine	g	0.700	0	1.953	0.595
Cystine	g	0.306	0	0.854	0.260
Phenylalanine	g	1.067	0	2.977	0.907
Tyrosine	g	0.918	0	2.561	0.780
Valine	g	1.329	0	3.708	1.130
Arginine	g	1.727	0	4.818	1.468
Histidine	g	0.936	0	2.611	0.796
Alanine	g	1.649	0	4.601	1.402
Aspartic acid	g	2.497	0	6.967	2.122
Glutamic acid	g	4.106	0	11.456	3.490
Glycine	g	1.491	0	4.160	1.267
Proline	g	1.207	0	3.368	1.026
Serine	g	1.045	0	2.916	0.888
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.22		0	148.48	45.24	
Energy	kcal	283		0	790	241	
Energy	kj	1184		0	3303	1006	
Protein (N x 5.95)	g	27.21		0	75.92	23.13	
Total lipid (fat)	g	18.54		0	51.73	15.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	3.12	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	2.72		0	7.59	2.31	
Magnesium	mg	23		0	64	20	
Phosphorus	mg	210		0	586	179	
Potassium	mg	322		0	898	274	
Sodium	mg	62		0	173	53	
Zinc	mg	6.02		0	16.80	5.12	
Copper	mg	0.113		0	0.315	0.096	
Manganese	mg	0.017		0	0.047	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.223	0.068	
Riboflavin	mg	0.220		0	0.614	0.187	
Niacin	mg	3.670		0	10.239	3.119	
Pantothenic acid	mg	0.350		0	0.976	0.298	
Vitamin B-6	mg	0.320		0	0.893	0.272	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.50		0	6.97	2.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.310		0	20.395	6.213	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.112	0.034	
12:0	g	0.040		0	0.112	0.034	
14:0	g	0.580		0	1.618	0.493	
15.0	g						
16:0	g	4.460		0	12.443	3.791	
17:0	g						
18:0	g	2.170		0	6.054	1.844	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.910	0	22.069	6.724
14:1	g				
16:1	g	0.740	0	2.065	0.629
18:1	g	7.130	0	19.893	6.060
20:1	g	0.030	0	0.084	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.670	0	1.869	0.570
18:2	g	0.460	0	1.283	0.391
18:3	g	0.170	0	0.474	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.112	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	243	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.851	0.259
Threonine	g	1.189	0	3.317	1.011
Isoleucine	g	1.223	0	3.412	1.040
Leucine	g	2.151	0	6.001	1.828
Lysine	g	2.264	0	6.317	1.924
Methionine	g	0.697	0	1.945	0.592
Cystine	g	0.305	0	0.851	0.259
Phenylalanine	g	1.062	0	2.963	0.903
Tyrosine	g	0.914	0	2.550	0.777
Valine	g	1.324	0	3.694	1.125
Arginine	g	1.720	0	4.799	1.462
Histidine	g	0.932	0	2.600	0.792
Alanine	g	1.641	0	4.578	1.395
Aspartic acid	g	2.486	0	6.936	2.113
Glutamic acid	g	4.088	0	11.406	3.475
Glycine	g	1.485	0	4.143	1.262
Proline	g	1.202	0	3.354	1.022
Serine	g	1.041	0	2.904	0.885
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13363 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 279g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.84		0	153.00	46.61	
Energy	kcal	261		0	728	222	
Energy	kj	1092		0	3047	928	
Protein (N x 5.95)	g	27.47		0	76.64	23.35	
Total lipid (fat)	g	15.92		0	44.42	13.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.15	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	2.75		0	7.67	2.34	
Magnesium	mg	23		0	64	20	
Phosphorus	mg	212		0	591	180	
Potassium	mg	325		0	907	276	
Sodium	mg	63		0	176	54	
Zinc	mg	6.11		0	17.05	5.19	
Copper	mg	0.107		0	0.299	0.091	
Manganese	mg	0.016		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.223	0.068	
Riboflavin	mg	0.220		0	0.614	0.187	
Niacin	mg	3.690		0	10.295	3.136	
Pantothenic acid	mg	0.360		0	1.004	0.306	
Vitamin B-6	mg	0.330		0	0.921	0.281	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.52		0	7.03	2.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.270		0	17.493	5.329	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.112	0.034	
12:0	g	0.040		0	0.112	0.034	
14:0	g	0.500		0	1.395	0.425	
15.0	g						
16:0	g	3.830		0	10.686	3.256	
17:0	g						
18:0	g	1.860		0	5.189	1.581	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.780	0	18.916	5.763
14:1	g				
16:1	g	0.640	0	1.786	0.544
18:1	g	6.100	0	17.019	5.185
20:1	g	0.020	0	0.056	0.017
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.570	0	1.590	0.484
18:2	g	0.390	0	1.088	0.331
18:3	g	0.150	0	0.419	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.084	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	240	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.859	0.262
Threonine	g	1.200	0	3.348	1.020
Isoleucine	g	1.235	0	3.446	1.050
Leucine	g	2.171	0	6.057	1.845
Lysine	g	2.285	0	6.375	1.942
Methionine	g	0.703	0	1.961	0.598
Cystine	g	0.308	0	0.859	0.262
Phenylalanine	g	1.072	0	2.991	0.911
Tyrosine	g	0.923	0	2.575	0.785
Valine	g	1.336	0	3.727	1.136
Arginine	g	1.736	0	4.843	1.476
Histidine	g	0.940	0	2.623	0.799
Alanine	g	1.657	0	4.623	1.408
Aspartic acid	g	2.509	0	7.000	2.133
Glutamic acid	g	4.126	0	11.512	3.507
Glycine	g	1.499	0	4.182	1.274
Proline	g	1.213	0	3.384	1.031
Serine	g	1.050	0	2.930	0.893
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse
Measure 2: 3 oz

NDB No. 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Refuse: 25% 13% bone, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.33		0	143.58	50.43	
Energy	kcal	211		0	511	179	
Energy	kj	883		0	2137	751	
Protein (N x 5.95)	g	29.88		0	72.31	25.40	
Total lipid (fat)	g	9.28		0	22.46	7.89	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.98	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	19	7	
Iron	mg	2.99		0	7.24	2.54	
Magnesium	mg	26		0	63	22	
Phosphorus	mg	231		0	559	196	
Potassium	mg	355		0	859	302	
Sodium	mg	66		0	160	56	
Zinc	mg	6.78		0	16.41	5.76	
Copper	mg	0.124		0	0.300	0.105	
Manganese	mg	0.019		0	0.046	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.218	0.077	
Riboflavin	mg	0.240		0	0.581	0.204	
Niacin	mg	4.000		0	9.680	3.400	
Pantothenic acid	mg	0.390		0	0.944	0.331	
Vitamin B-6	mg	0.350		0	0.847	0.298	
Folate	µg	8		0	19	7	
Vitamin B-12	µg	2.64		0	6.39	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.339	0.119	
Lipids:							
Saturated, total	g	3.540		0	8.567	3.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.024	0.009	
12:0	g	0.010		0	0.024	0.009	
14:0	g	0.260		0	0.629	0.221	
15.0	g						
16:0	g	2.110		0	5.106	1.793	
17:0	g						
18:0	g	1.140		0	2.759	0.969	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.900	0	9.438	3.315
14:1	g				
16:1	g	0.330	0	0.799	0.281
18:1	g	3.550	0	8.591	3.018
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.320	0	0.774	0.272
18:2	g	0.250	0	0.605	0.213
18:3	g	0.030	0	0.073	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.097	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	208	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.335	0	0.811	0.285
Threonine	g	1.305	0	3.158	1.109
Isoleucine	g	1.343	0	3.250	1.142
Leucine	g	2.362	0	5.716	2.008
Lysine	g	2.486	0	6.016	2.113
Methionine	g	0.765	0	1.851	0.650
Cystine	g	0.335	0	0.811	0.285
Phenylalanine	g	1.167	0	2.824	0.992
Tyrosine	g	1.004	0	2.430	0.853
Valine	g	1.453	0	3.516	1.235
Arginine	g	1.889	0	4.571	1.606
Histidine	g	1.023	0	2.476	0.870
Alanine	g	1.802	0	4.361	1.532
Aspartic acid	g	2.730	0	6.607	2.321
Glutamic acid	g	4.489	0	10.863	3.816
Glycine	g	1.630	0	3.945	1.385
Proline	g	1.320	0	3.194	1.122
Serine	g	1.143	0	2.766	0.972
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

Refuse: 25% 13% bone, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.83		0	141.19	50.01	
Energy	kcal	219		0	526	186	
Energy	kj	916		0	2198	779	
Protein (N x 5.95)	g	29.88		0	71.71	25.40	
Total lipid (fat)	g	10.15		0	24.36	8.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	2.95	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	19	7	
Iron	mg	2.99		0	7.18	2.54	
Magnesium	mg	26		0	62	22	
Phosphorus	mg	231		0	554	196	
Potassium	mg	355		0	852	302	
Sodium	mg	66		0	158	56	
Zinc	mg	6.77		0	16.25	5.75	
Copper	mg	0.124		0	0.298	0.105	
Manganese	mg	0.019		0	0.046	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.216	0.077	
Riboflavin	mg	0.240		0	0.576	0.204	
Niacin	mg	4.010		0	9.624	3.408	
Pantothenic acid	mg	0.390		0	0.936	0.331	
Vitamin B-6	mg	0.360		0	0.864	0.306	
Folate	µg	8		0	19	7	
Vitamin B-12	µg	2.65		0	6.36	2.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.870		0	9.288	3.289	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.024	0.009	
12:0	g	0.010		0	0.024	0.009	
14:0	g	0.290		0	0.696	0.247	
15.0	g						
16:0	g	2.300		0	5.520	1.955	
17:0	g						
18:0	g	1.250		0	3.000	1.063	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.260	0	10.224	3.621
14:1	g				
16:1	g	0.360	0	0.864	0.306
18:1	g	3.890	0	9.336	3.307
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.350	0	0.840	0.298
18:2	g	0.280	0	0.672	0.238
18:3	g	0.030	0	0.072	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.096	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	206	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.335	0	0.804	0.285
Threonine	g	1.305	0	3.132	1.109
Isoleucine	g	1.343	0	3.223	1.142
Leucine	g	2.362	0	5.669	2.008
Lysine	g	2.486	0	5.966	2.113
Methionine	g	0.765	0	1.836	0.650
Cystine	g	0.335	0	0.804	0.285
Phenylalanine	g	1.167	0	2.801	0.992
Tyrosine	g	1.004	0	2.410	0.853
Valine	g	1.453	0	3.487	1.235
Arginine	g	1.888	0	4.531	1.605
Histidine	g	1.023	0	2.455	0.870
Alanine	g	1.802	0	4.325	1.532
Aspartic acid	g	2.730	0	6.552	2.321
Glutamic acid	g	4.489	0	10.774	3.816
Glycine	g	1.630	0	3.912	1.385
Proline	g	1.320	0	3.168	1.122
Serine	g	1.143	0	2.743	0.972
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

Refuse: 24% 13% bone, 11% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.05		0	146.52	51.04	
Energy	kcal	201		0	490	171	
Energy	kj	841		0	2052	715	
Protein (N x 5.95)	g	29.89		0	72.93	25.41	
Total lipid (fat)	g	8.09		0	19.74	6.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	3.00	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	7	
Iron	mg	2.99		0	7.30	2.54	
Magnesium	mg	26		0	63	22	
Phosphorus	mg	231		0	564	196	
Potassium	mg	354		0	864	301	
Sodium	mg	66		0	161	56	
Zinc	mg	6.80		0	16.59	5.78	
Copper	mg	0.124		0	0.303	0.105	
Manganese	mg	0.019		0	0.046	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.220	0.077	
Riboflavin	mg	0.240		0	0.586	0.204	
Niacin	mg	4.000		0	9.760	3.400	
Pantothenic acid	mg	0.390		0	0.952	0.331	
Vitamin B-6	mg	0.350		0	0.854	0.298	
Folate	µg	8		0	20	7	
Vitamin B-12	µg	2.64		0	6.44	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.090		0	7.540	2.626	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.009	
14:0	g	0.230		0	0.561	0.196	
15.0	g						
16:0	g	1.840		0	4.490	1.564	
17:0	g						
18:0	g	1.000		0	2.440	0.850	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.400	0	8.296	2.890
14:1	g				
16:1	g	0.280	0	0.683	0.238
18:1	g	3.100	0	7.564	2.635
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.280	0	0.683	0.238
18:2	g	0.220	0	0.537	0.187
18:3	g	0.020	0	0.049	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.073	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	210	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.335	0	0.817	0.285
Threonine	g	1.306	0	3.187	1.110
Isoleucine	g	1.344	0	3.279	1.142
Leucine	g	2.363	0	5.766	2.009
Lysine	g	2.487	0	6.068	2.114
Methionine	g	0.765	0	1.867	0.650
Cystine	g	0.335	0	0.817	0.285
Phenylalanine	g	1.167	0	2.847	0.992
Tyrosine	g	1.004	0	2.450	0.853
Valine	g	1.454	0	3.548	1.236
Arginine	g	1.889	0	4.609	1.606
Histidine	g	1.023	0	2.496	0.870
Alanine	g	1.803	0	4.399	1.533
Aspartic acid	g	2.731	0	6.664	2.321
Glutamic acid	g	4.491	0	10.958	3.817
Glycine	g	1.631	0	3.980	1.386
Proline	g	1.320	0	3.221	1.122
Serine	g	1.143	0	2.789	0.972
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 314g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.54		0	161.84	43.81	
Energy	kcal	291		0	914	247	
Energy	kj	1218		0	3825	1035	
Protein (N x 5.95)	g	26.79		0	84.12	22.77	
Total lipid (fat)	g	19.52		0	61.29	16.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	2.98	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	22	6	
Iron	mg	2.53		0	7.94	2.15	
Magnesium	mg	21		0	66	18	
Phosphorus	mg	216		0	678	184	
Potassium	mg	259		0	813	220	
Sodium	mg	65		0	204	55	
Zinc	mg	5.96		0	18.71	5.07	
Copper	mg	0.108		0	0.339	0.092	
Manganese	mg	0.015		0	0.047	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.220	0.060	
Riboflavin	mg	0.200		0	0.628	0.170	
Niacin	mg	3.370		0	10.582	2.865	
Pantothenic acid	mg	0.320		0	1.005	0.272	
Vitamin B-6	mg	0.270		0	0.848	0.230	
Folate	µg	7		0	22	6	
Vitamin B-12	µg	2.45		0	7.69	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.597	0.161	
Lipids:							
Saturated, total	g	7.530		0	23.644	6.401	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.157	0.043	
12:0	g	0.040		0	0.126	0.034	
14:0	g	0.630		0	1.978	0.536	
15.0	g						
16:0	g	4.680		0	14.695	3.978	
17:0	g						
18:0	g	2.130		0	6.688	1.810	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.680	0	27.255	7.378
14:1	g				
16:1	g	0.880	0	2.763	0.748
18:1	g	7.770	0	24.398	6.604
20:1	g	0.030	0	0.094	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.670	0	2.104	0.570
18:2	g	0.460	0	1.444	0.391
18:3	g	0.180	0	0.565	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.094	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	292	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.300	0	0.942	0.255
Threonine	g	1.170	0	3.674	0.995
Isoleucine	g	1.205	0	3.784	1.024
Leucine	g	2.118	0	6.651	1.800
Lysine	g	2.229	0	6.999	1.895
Methionine	g	0.686	0	2.154	0.583
Cystine	g	0.300	0	0.942	0.255
Phenylalanine	g	1.046	0	3.284	0.889
Tyrosine	g	0.900	0	2.826	0.765
Valine	g	1.303	0	4.091	1.108
Arginine	g	1.693	0	5.316	1.439
Histidine	g	0.917	0	2.879	0.779
Alanine	g	1.616	0	5.074	1.374
Aspartic acid	g	2.448	0	7.687	2.081
Glutamic acid	g	4.025	0	12.639	3.421
Glycine	g	1.462	0	4.591	1.243
Proline	g	1.183	0	3.715	1.006
Serine	g	1.025	0	3.218	0.871
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 17% 1% connective tissue, 16% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 264g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.71		0	152.35	49.05	
Energy	kcal	218		0	576	185	
Energy	kj	912		0	2408	775	
Protein (N x 5.95)	g	29.75		0	78.54	25.29	
Total lipid (fat)	g	10.08		0	26.61	8.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.75	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	16	5	
Iron	mg	2.81		0	7.42	2.39	
Magnesium	mg	23		0	61	20	
Phosphorus	mg	241		0	636	205	
Potassium	mg	285		0	752	242	
Sodium	mg	70		0	185	60	
Zinc	mg	6.89		0	18.19	5.86	
Copper	mg	0.119		0	0.314	0.101	
Manganese	mg	0.017		0	0.045	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.185	0.060	
Riboflavin	mg	0.220		0	0.581	0.187	
Niacin	mg	3.710		0	9.794	3.154	
Pantothenic acid	mg	0.360		0	0.950	0.306	
Vitamin B-6	mg	0.290		0	0.766	0.247	
Folate	µg	8		0	21	7	
Vitamin B-12	µg	2.60		0	6.86	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.370	0.119	
Lipids:							
Saturated, total	g	3.630		0	9.583	3.086	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.310		0	0.818	0.264	
15.0	g						
16:0	g	2.250		0	5.940	1.913	
17:0	g						
18:0	g	1.070		0	2.825	0.910	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.650	0	12.276	3.953
14:1	g				
16:1	g	0.460	0	1.214	0.391
18:1	g	4.180	0	11.035	3.553
20:1	g	0.010	0	0.026	0.009
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.300	0	0.792	0.255
18:2	g	0.240	0	0.634	0.204
18:3	g	0.020	0	0.053	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.106	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	246	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.333	0	0.879	0.283
Threonine	g	1.299	0	3.429	1.104
Isoleucine	g	1.338	0	3.532	1.137
Leucine	g	2.351	0	6.207	1.998
Lysine	g	2.475	0	6.534	2.104
Methionine	g	0.762	0	2.012	0.648
Cystine	g	0.333	0	0.879	0.283
Phenylalanine	g	1.161	0	3.065	0.987
Tyrosine	g	1.000	0	2.640	0.850
Valine	g	1.447	0	3.820	1.230
Arginine	g	1.880	0	4.963	1.598
Histidine	g	1.019	0	2.690	0.866
Alanine	g	1.794	0	4.736	1.525
Aspartic acid	g	2.718	0	7.176	2.310
Glutamic acid	g	4.470	0	11.801	3.800
Glycine	g	1.623	0	4.285	1.380
Proline	g	1.314	0	3.469	1.117
Serine	g	1.138	0	3.004	0.967
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.74		0	188.81	49.08	
Energy	kcal	215		0	703	183	
Energy	kj	900		0	2943	765	
Protein (N x 5.95)	g	30.48		0	99.67	25.91	
Total lipid (fat)	g	9.41		0	30.77	8.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	3.50	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	16	4	
Iron	mg	2.75		0	8.99	2.34	
Magnesium	mg	24		0	78	20	
Phosphorus	mg	248		0	811	211	
Potassium	mg	289		0	945	246	
Sodium	mg	62		0	203	53	
Zinc	mg	6.11		0	19.98	5.19	
Copper	mg	0.120		0	0.392	0.102	
Manganese	mg	0.016		0	0.052	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.229	0.060	
Riboflavin	mg	0.210		0	0.687	0.179	
Niacin	mg	3.740		0	12.230	3.179	
Pantothenic acid	mg	0.360		0	1.177	0.306	
Vitamin B-6	mg	0.300		0	0.981	0.255	
Folate	µg	8		0	26	7	
Vitamin B-12	µg	2.58		0	8.44	2.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.350		0	10.955	2.848	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.033	0.009	
12:0	g	0.010		0	0.033	0.009	
14:0	g	0.270		0	0.883	0.230	
15.0	g						
16:0	g	2.090		0	6.834	1.776	
17:0	g						
18:0	g	0.970		0	3.172	0.825	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.150	0	13.571	3.528
14:1	g				
16:1	g	0.420	0	1.373	0.357
18:1	g	3.730	0	12.197	3.171
20:1	g	0.010	0	0.033	0.009
22.1	g				
Polyunsaturated, total	g	0.360	0	1.177	0.306
18:2	g	0.250	0	0.818	0.213
18:3	g	0.060	0	0.196	0.051
18:4	g				
20:4	g	0.040	0	0.131	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	0	311	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.341	0	1.115	0.290
Threonine	g	1.331	0	4.352	1.131
Isoleucine	g	1.370	0	4.480	1.165
Leucine	g	2.409	0	7.877	2.048
Lysine	g	2.536	0	8.293	2.156
Methionine	g	0.780	0	2.551	0.663
Cystine	g	0.341	0	1.115	0.290
Phenylalanine	g	1.190	0	3.891	1.011
Tyrosine	g	1.024	0	3.348	0.870
Valine	g	1.482	0	4.846	1.260
Arginine	g	1.926	0	6.298	1.637
Histidine	g	1.043	0	3.411	0.887
Alanine	g	1.838	0	6.010	1.562
Aspartic acid	g	2.784	0	9.104	2.366
Glutamic acid	g	4.579	0	14.973	3.892
Glycine	g	1.663	0	5.438	1.414
Proline	g	1.346	0	4.401	1.144
Serine	g	1.165	0	3.810	0.990
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 5% Separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 310g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.80		1	185.38	50.83	
Energy	kcal	191		0	592	162	
Energy	kj	799		0	2477	679	
Protein (N x 5.95)	g	31.52	0.467	9	97.71	26.79	
Total lipid (fat)	g	6.20		1	19.22	5.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.067	9	3.41	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.186	9	16	4	
Iron	mg	2.84	0.149	10	8.80	2.41	
Magnesium	mg	25	0.361	9	78	21	
Phosphorus	mg	257		1	797	218	
Potassium	mg	298	6.045	9	924	253	
Sodium	mg	63	6.602	9	195	54	
Zinc	mg	6.36	0.499	8	19.72	5.41	
Copper	mg	0.124	0.005	8	0.384	0.105	
Manganese	mg	0.017		1	0.053	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.007	9	0.217	0.060	
Riboflavin	mg	0.220	0.010	9	0.682	0.187	
Niacin	mg	3.860	0.369	10	11.966	3.281	
Pantothenic acid	mg	0.370		1	1.147	0.315	
Vitamin B-6	mg	0.310		1	0.961	0.264	
Folate	µg	8	1.259	9	25	7	
Vitamin B-12	µg	2.63	0.453	10	8.15	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.030		0	6.293	1.725	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		8	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.160		8	0.496	0.136	
15.0	g						
16:0	g	1.260		8	3.906	1.071	
17:0	g						
18:0	g	0.610		8	1.891	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.770		0	8.587	2.354
14:1	g					
16:1	g	0.270		8	0.837	0.230
18:1	g	2.490		8	7.719	2.117
20:1	g	0.000		8	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.230		0	0.713	0.196
18:2	g	0.180		8	0.558	0.153
18:3	g	0.010		8	0.031	0.009
18:4	g					
20:4	g	0.040		8	0.124	0.034
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	95	2.511	7	295	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.353		0	1.094	0.300
Threonine	g	1.377		0	4.269	1.170
Isoleucine	g	1.417		0	4.393	1.204
Leucine	g	2.491		0	7.722	2.117
Lysine	g	2.622		0	8.128	2.229
Methionine	g	0.807		0	2.502	0.686
Cystine	g	0.353		0	1.094	0.300
Phenylalanine	g	1.230		0	3.813	1.045
Tyrosine	g	1.059		0	3.283	0.900
Valine	g	1.533		0	4.752	1.303
Arginine	g	1.992		0	6.175	1.693
Histidine	g	1.079		0	3.345	0.917
Alanine	g	1.901		0	5.893	1.616
Aspartic acid	g	2.880		0	8.928	2.448
Glutamic acid	g	4.735		0	14.679	4.025
Glycine	g	1.720		0	5.332	1.462
Proline	g	1.392		0	4.315	1.183
Serine	g	1.205		0	3.736	1.024
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13371 Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 314g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.05		0	144.60	39.14	
Energy	kcal	358		0	1124	304	
Energy	kj	1498		0	4704	1273	
Protein (N x 5.95)	g	23.53		0	73.88	20.00	
Total lipid (fat)	g	28.50		0	89.49	24.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84		0	2.64	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	25	7	
Iron	mg	2.34		0	7.35	1.99	
Magnesium	mg	18		0	57	15	
Phosphorus	mg	187		0	587	159	
Potassium	mg	233		0	732	198	
Sodium	mg	68		0	214	58	
Zinc	mg	5.83		0	18.31	4.96	
Copper	mg	0.097		0	0.305	0.082	
Manganese	mg	0.014		0	0.044	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.188	0.051	
Riboflavin	mg	0.190		0	0.597	0.161	
Niacin	mg	3.040		0	9.546	2.584	
Pantothenic acid	mg	0.290		0	0.911	0.247	
Vitamin B-6	mg	0.240		0	0.754	0.204	
Folate	µg	7		0	22	6	
Vitamin B-12	µg	2.33		0	7.32	1.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.240		0	35.294	9.554	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.251	0.068	
12:0	g	0.070		0	0.220	0.060	
14:0	g	0.950		0	2.983	0.808	
15.0	g						
16:0	g	6.980		0	21.917	5.933	
17:0	g						
18:0	g	3.160		0	9.922	2.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.700	0	39.878	10.795
14:1	g				
16:1	g	1.290	0	4.051	1.097
18:1	g	11.350	0	35.639	9.648
20:1	g	0.060	0	0.188	0.051
22.1	g				
Polyunsaturated, total	g	0.960	0	3.014	0.816
18:2	g	0.640	0	2.010	0.544
18:3	g	0.290	0	0.911	0.247
18:4	g				
20:4	g	0.030	0	0.094	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	289	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.826	0.224
Threonine	g	1.028	0	3.228	0.874
Isoleucine	g	1.058	0	3.322	0.899
Leucine	g	1.859	0	5.837	1.580
Lysine	g	1.957	0	6.145	1.663
Methionine	g	0.602	0	1.890	0.512
Cystine	g	0.263	0	0.826	0.224
Phenylalanine	g	0.918	0	2.883	0.780
Tyrosine	g	0.790	0	2.481	0.672
Valine	g	1.144	0	3.592	0.972
Arginine	g	1.487	0	4.669	1.264
Histidine	g	0.806	0	2.531	0.685
Alanine	g	1.419	0	4.456	1.206
Aspartic acid	g	2.149	0	6.748	1.827
Glutamic acid	g	3.535	0	11.100	3.005
Glycine	g	1.284	0	4.032	1.091
Proline	g	1.039	0	3.262	0.883
Serine	g	0.900	0	2.826	0.765
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13372 Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 27% 2% connective tissue, 25% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 232g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.70		1	129.22	47.34	
Energy	kcal	244		0	566	207	
Energy	kj	1021		0	2369	868	
Protein (N x 5.95)	g	28.05	0.482	11	65.08	23.84	
Total lipid (fat)	g	13.80		1	32.02	11.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.069	10	2.27	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.377	10	14	5	
Iron	mg	2.79	0.134	9	6.47	2.37	
Magnesium	mg	22	0.813	10	51	19	
Phosphorus	mg	226		1	524	192	
Potassium	mg	273	8.141	10	633	232	
Sodium	mg	77	5.705	10	179	65	
Zinc	mg	7.39	0.326	8	17.14	6.28	
Copper	mg	0.115	0.006	8	0.267	0.098	
Manganese	mg	0.017		1	0.039	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.007	10	0.162	0.060	
Riboflavin	mg	0.230	0.014	9	0.534	0.196	
Niacin	mg	3.570	0.239	11	8.282	3.034	
Pantothenic acid	mg	0.340		1	0.789	0.289	
Vitamin B-6	mg	0.280		1	0.650	0.238	
Folate	µg	8	1.193	11	19	7	
Vitamin B-12	µg	2.58	0.424	11	5.99	2.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.180		0	12.018	4.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		8	0.023	0.009	
12:0	g	0.010		8	0.023	0.009	
14:0	g	0.450		8	1.044	0.383	
15.0	g						
16:0	g	3.190		8	7.401	2.711	
17:0	g						
18:0	g	1.510		8	3.503	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.460		0	14.987	5.491
14:1	g					
16:1	g	0.640		8	1.485	0.544
18:1	g	5.800		8	13.456	4.930
20:1	g	0.020		8	0.046	0.017
22.1	g					
Polyunsaturated, total	g	0.360		0	0.835	0.306
18:2	g	0.300		8	0.696	0.255
18:3	g	0.030		8	0.070	0.026
18:4	g					
20:4	g	0.030		8	0.070	0.026
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	91	1.930	8	211	77
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.728	0.267
Threonine	g	1.225		0	2.842	1.041
Isoleucine	g	1.261		0	2.926	1.072
Leucine	g	2.217		0	5.143	1.884
Lysine	g	2.334		0	5.415	1.984
Methionine	g	0.718		0	1.666	0.610
Cystine	g	0.314		0	0.728	0.267
Phenylalanine	g	1.095		0	2.540	0.931
Tyrosine	g	0.942		0	2.185	0.801
Valine	g	1.364		0	3.164	1.159
Arginine	g	1.773		0	4.113	1.507
Histidine	g	0.960		0	2.227	0.816
Alanine	g	1.692		0	3.925	1.438
Aspartic acid	g	2.563		0	5.946	2.179
Glutamic acid	g	4.214		0	9.776	3.582
Glycine	g	1.530		0	3.550	1.301
Proline	g	1.239		0	2.874	1.053
Serine	g	1.073		0	2.489	0.912
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.51		0	129.17	44.63	
Energy	kcal	280		0	689	238	
Energy	kj	1172		0	2883	996	
Protein (N x 5.95)	g	29.66		0	72.96	25.21	
Total lipid (fat)	g	17.01		0	41.84	14.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	2.48	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25	9	
Iron	mg	3.38		0	8.31	2.87	
Magnesium	mg	21		0	52	18	
Phosphorus	mg	239		0	588	203	
Potassium	mg	263		0	647	224	
Sodium	mg	62		0	153	53	
Zinc	mg	7.57		0	18.62	6.43	
Copper	mg	0.146		0	0.359	0.124	
Manganese	mg	0.017		0	0.042	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.172	0.060	
Riboflavin	mg	0.260		0	0.640	0.221	
Niacin	mg	3.390		0	8.339	2.882	
Pantothenic acid	mg	0.350		0	0.861	0.298	
Vitamin B-6	mg	0.300		0	0.738	0.255	
Folate	µg	10		0	25	9	
Vitamin B-12	µg	3.13		0	7.70	2.66	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.467	0.161	
Lipids:							
Saturated, total	g	6.620		0	16.285	5.627	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.098	0.034	
12:0	g	0.040		0	0.098	0.034	
14:0	g	0.520		0	1.279	0.442	
15.0	g						
16:0	g	4.070		0	10.012	3.460	
17:0	g						
18:0	g	1.940		0	4.772	1.649	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.270	0	17.884	6.179
14:1	g				
16:1	g	0.710	0	1.747	0.603
18:1	g	6.530	0	16.064	5.551
20:1	g	0.030	0	0.074	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.650	0	1.599	0.553
18:2	g	0.440	0	1.082	0.374
18:3	g	0.180	0	0.443	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.074	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	100	0	246	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.332	0	0.817	0.282
Threonine	g	1.296	0	3.188	1.102
Isoleucine	g	1.334	0	3.282	1.134
Leucine	g	2.345	0	5.769	1.993
Lysine	g	2.468	0	6.071	2.098
Methionine	g	0.759	0	1.867	0.645
Cystine	g	0.332	0	0.817	0.282
Phenylalanine	g	1.158	0	2.849	0.984
Tyrosine	g	0.997	0	2.453	0.847
Valine	g	1.443	0	3.550	1.227
Arginine	g	1.875	0	4.612	1.594
Histidine	g	1.016	0	2.499	0.864
Alanine	g	1.789	0	4.401	1.521
Aspartic acid	g	2.710	0	6.667	2.304
Glutamic acid	g	4.457	0	10.964	3.788
Glycine	g	1.618	0	3.980	1.375
Proline	g	1.310	0	3.223	1.114
Serine	g	1.134	0	2.790	0.964
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13374 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Refuse: 18% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.36		0	127.89	43.66	
Energy	kcal	293		0	730	249	
Energy	kj	1226		0	3053	1042	
Protein (N x 5.95)	g	29.44		0	73.31	25.02	
Total lipid (fat)	g	18.56		0	46.21	15.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	2.49	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25	9	
Iron	mg	3.35		0	8.34	2.85	
Magnesium	mg	21		0	52	18	
Phosphorus	mg	237		0	590	201	
Potassium	mg	262		0	652	223	
Sodium	mg	62		0	154	53	
Zinc	mg	7.50		0	18.68	6.38	
Copper	mg	0.145		0	0.361	0.123	
Manganese	mg	0.017		0	0.042	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.174	0.060	
Riboflavin	mg	0.260		0	0.647	0.221	
Niacin	mg	3.370		0	8.391	2.865	
Pantothenic acid	mg	0.350		0	0.872	0.298	
Vitamin B-6	mg	0.300		0	0.747	0.255	
Folate	µg	10		0	25	9	
Vitamin B-12	µg	3.12		0	7.77	2.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.210		0	17.953	6.128	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.100	0.034	
12:0	g	0.050		0	0.125	0.043	
14:0	g	0.570		0	1.419	0.484	
15.0	g						
16:0	g	4.430		0	11.031	3.765	
17:0	g						
18:0	g	2.120		0	5.279	1.802	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.930	0	19.746	6.741
14:1	g				
16:1	g	0.770	0	1.917	0.655
18:1	g	7.130	0	17.754	6.060
20:1	g	0.030	0	0.075	0.026
22.1	g				
Polyunsaturated, total	g	0.710	0	1.768	0.603
18:2	g	0.490	0	1.220	0.417
18:3	g	0.190	0	0.473	0.161
18:4	g				
20:4	g	0.040	0	0.100	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	249	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.330	0	0.822	0.281
Threonine	g	1.286	0	3.202	1.093
Isoleucine	g	1.324	0	3.297	1.125
Leucine	g	2.327	0	5.794	1.978
Lysine	g	2.449	0	6.098	2.082
Methionine	g	0.754	0	1.877	0.641
Cystine	g	0.330	0	0.822	0.281
Phenylalanine	g	1.149	0	2.861	0.977
Tyrosine	g	0.989	0	2.463	0.841
Valine	g	1.432	0	3.566	1.217
Arginine	g	1.861	0	4.634	1.582
Histidine	g	1.008	0	2.510	0.857
Alanine	g	1.776	0	4.422	1.510
Aspartic acid	g	2.690	0	6.698	2.287
Glutamic acid	g	4.423	0	11.013	3.760
Glycine	g	1.606	0	3.999	1.365
Proline	g	1.300	0	3.237	1.105
Serine	g	1.126	0	2.804	0.957
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Refuse: 18% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 249g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.18		0	134.91	46.05	
Energy	kcal	260		0	647	221	
Energy	kj	1088		0	2709	925	
Protein (N x 5.95)	g	30.11		0	74.97	25.59	
Total lipid (fat)	g	14.62		0	36.40	12.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	2.54	0.87	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	25	9	
Iron	mg	3.44		0	8.57	2.92	
Magnesium	mg	22		0	55	19	
Phosphorus	mg	243		0	605	207	
Potassium	mg	267		0	665	227	
Sodium	mg	63		0	157	54	
Zinc	mg	7.72		0	19.22	6.56	
Copper	mg	0.149		0	0.371	0.127	
Manganese	mg	0.017		0	0.042	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.174	0.060	
Riboflavin	mg	0.260		0	0.647	0.221	
Niacin	mg	3.440		0	8.566	2.924	
Pantothenic acid	mg	0.350		0	0.872	0.298	
Vitamin B-6	mg	0.310		0	0.772	0.264	
Folate	µg	10		0	25	9	
Vitamin B-12	µg	3.17		0	7.89	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.690		0	14.168	4.837	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.100	0.034	
12:0	g	0.040		0	0.100	0.034	
14:0	g	0.450		0	1.121	0.383	
15.0	g						
16:0	g	3.500		0	8.715	2.975	
17:0	g						
18:0	g	1.670		0	4.158	1.420	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.250	0	15.563	5.313
14:1	g				
16:1	g	0.610	0	1.519	0.518
18:1	g	5.620	0	13.994	4.777
20:1	g	0.020	0	0.050	0.017
22.1	g				
Polyunsaturated, total	g	0.560	0	1.394	0.476
18:2	g	0.380	0	0.946	0.323
18:3	g	0.150	0	0.374	0.128
18:4	g				
20:4	g	0.030	0	0.075	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	249	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.337	0	0.839	0.286
Threonine	g	1.315	0	3.274	1.118
Isoleucine	g	1.354	0	3.371	1.151
Leucine	g	2.380	0	5.926	2.023
Lysine	g	2.505	0	6.237	2.129
Methionine	g	0.771	0	1.920	0.655
Cystine	g	0.337	0	0.839	0.286
Phenylalanine	g	1.176	0	2.928	1.000
Tyrosine	g	1.012	0	2.520	0.860
Valine	g	1.465	0	3.648	1.245
Arginine	g	1.903	0	4.738	1.618
Histidine	g	1.031	0	2.567	0.876
Alanine	g	1.816	0	4.522	1.544
Aspartic acid	g	2.751	0	6.850	2.338
Glutamic acid	g	4.524	0	11.265	3.845
Glycine	g	1.643	0	4.091	1.397
Proline	g	1.330	0	3.312	1.131
Serine	g	1.151	0	2.866	0.978
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13376 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 31% 19% bone, 12% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.50		1	122.85	49.73	
Energy	kcal	210		0	441	179	
Energy	kj	879		0	1846	747	
Protein (N x 5.95)	g	33.02	0.480	16	69.34	28.07	
Total lipid (fat)	g	7.60		1	15.96	6.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.031	15	2.33	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.726	9	19	8	
Iron	mg	3.79	0.181	9	7.96	3.22	
Magnesium	mg	24	0.511	9	50	20	
Phosphorus	mg	268		1	563	228	
Potassium	mg	289	4.146	9	607	246	
Sodium	mg	66	6.606	9	139	56	
Zinc	mg	8.66	0.349	8	18.19	7.36	
Copper	mg	0.164	0.013	8	0.344	0.139	
Manganese	mg	0.019		1	0.040	0.016	
Selenium	µg	26.7	2.200	7	56.1	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.004	14	0.168	0.068	
Riboflavin	mg	0.290	0.014	12	0.609	0.247	
Niacin	mg	3.720	0.327	14	7.812	3.162	
Pantothenic acid	mg	0.380	0.033	4	0.798	0.323	
Vitamin B-6	mg	0.330	0.017	4	0.693	0.281	
Folate	µg	11	2.071	14	23	9	
Vitamin B-12	µg	3.40	0.500	15	7.14	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.294	0.119	
Lipids:							
Saturated, total	g	2.760		0	5.796	2.346	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		9	0.000	0.000	
12:0	g	0.010		9	0.021	0.009	
14:0	g	0.200		9	0.420	0.170	
15.0	g						
16:0	g	1.650		9	3.465	1.403	
17:0	g						
18:0	g	0.900		9	1.890	0.765	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.180		0	6.678	2.703
14:1	g					
16:1	g	0.280		9	0.588	0.238
18:1	g	2.890		9	6.069	2.457
20:1	g	0.000		9	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.300		0	0.630	0.255
18:2	g	0.240		9	0.504	0.204
18:3	g	0.020		9	0.042	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		9	0.084	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	101	1.572	8	212	86
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.370		0	0.777	0.315
Threonine	g	1.442		0	3.028	1.226
Isoleucine	g	1.485		0	3.119	1.262
Leucine	g	2.610		0	5.481	2.219
Lysine	g	2.747		0	5.769	2.335
Methionine	g	0.845		0	1.775	0.718
Cystine	g	0.370		0	0.777	0.315
Phenylalanine	g	1.289		0	2.707	1.096
Tyrosine	g	1.109		0	2.329	0.943
Valine	g	1.606		0	3.373	1.365
Arginine	g	2.087		0	4.383	1.774
Histidine	g	1.131		0	2.375	0.961
Alanine	g	1.992		0	4.183	1.693
Aspartic acid	g	3.017		0	6.336	2.564
Glutamic acid	g	4.961		0	10.418	4.217
Glycine	g	1.802		0	3.784	1.532
Proline	g	1.458		0	3.062	1.239
Serine	g	1.263		0	2.652	1.074
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Refuse: 32% 19% bone, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 207g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.60		0	119.23	48.96	
Energy	kcal	219		0	453	186	
Energy	kj	916		0	1896	779	
Protein (N x 5.95)	g	33.02		0	68.35	28.07	
Total lipid (fat)	g	8.70		0	18.01	7.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	2.30	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	19	8	
Iron	mg	3.79		0	7.85	3.22	
Magnesium	mg	24		0	50	20	
Phosphorus	mg	268		0	555	228	
Potassium	mg	289		0	598	246	
Sodium	mg	66		0	137	56	
Zinc	mg	8.66		0	17.93	7.36	
Copper	mg	0.164		0	0.339	0.139	
Manganese	mg	0.019		0	0.039	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.166	0.068	
Riboflavin	mg	0.290		0	0.600	0.247	
Niacin	mg	3.720		0	7.700	3.162	
Pantothenic acid	mg	0.380		0	0.787	0.323	
Vitamin B-6	mg	0.330		0	0.683	0.281	
Folate	µg	11		0	23	9	
Vitamin B-12	µg	3.40		0	7.04	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.160		0	6.541	2.686	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.021	0.009	
14:0	g	0.230		0	0.476	0.196	
15.0	g						
16:0	g	1.890		0	3.912	1.607	
17:0	g						
18:0	g	1.030		0	2.132	0.876	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.640	0	7.535	3.094
14:1	g				
16:1	g	0.320	0	0.662	0.272
18:1	g	3.310	0	6.852	2.814
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.340	0	0.704	0.289
18:2	g	0.270	0	0.559	0.230
18:3	g	0.030	0	0.062	0.026
18:4	g				
20:4	g	0.040	0	0.083	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	101	0	209	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.370	0	0.766	0.315
Threonine	g	1.442	0	2.985	1.226
Isoleucine	g	1.485	0	3.074	1.262
Leucine	g	2.610	0	5.403	2.219
Lysine	g	2.747	0	5.686	2.335
Methionine	g	0.845	0	1.749	0.718
Cystine	g	0.370	0	0.766	0.315
Phenylalanine	g	1.289	0	2.668	1.096
Tyrosine	g	1.109	0	2.296	0.943
Valine	g	1.606	0	3.324	1.365
Arginine	g	2.087	0	4.320	1.774
Histidine	g	1.131	0	2.341	0.961
Alanine	g	1.992	0	4.123	1.693
Aspartic acid	g	3.017	0	6.245	2.564
Glutamic acid	g	4.961	0	10.269	4.217
Glycine	g	1.802	0	3.730	1.532
Proline	g	1.458	0	3.018	1.239
Serine	g	1.263	0	2.614	1.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Refuse: 29% 18% bone, 11% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 216g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.50		0	128.52	50.58	
Energy	kcal	198		0	428	168	
Energy	kj	828		0	1788	704	
Protein (N x 5.95)	g	33.02		0	71.32	28.07	
Total lipid (fat)	g	6.30		0	13.61	5.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	2.40	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	19	8	
Iron	mg	3.79		0	8.19	3.22	
Magnesium	mg	24		0	52	20	
Phosphorus	mg	268		0	579	228	
Potassium	mg	289		0	624	246	
Sodium	mg	66		0	143	56	
Zinc	mg	8.66		0	18.71	7.36	
Copper	mg	0.164		0	0.354	0.139	
Manganese	mg	0.019		0	0.041	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.173	0.068	
Riboflavin	mg	0.290		0	0.626	0.247	
Niacin	mg	3.720		0	8.035	3.162	
Pantothenic acid	mg	0.380		0	0.821	0.323	
Vitamin B-6	mg	0.330		0	0.713	0.281	
Folate	µg	11		0	24	9	
Vitamin B-12	µg	3.40		0	7.34	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.290		0	4.946	1.947	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.022	0.009	
14:0	g	0.160		0	0.346	0.136	
15.0	g						
16:0	g	1.370		0	2.959	1.165	
17:0	g						
18:0	g	0.750		0	1.620	0.637	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.630	0	5.681	2.236
14:1	g				
16:1	g	0.230	0	0.497	0.196
18:1	g	2.400	0	5.184	2.040
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.250	0	0.540	0.213
18:2	g	0.200	0	0.432	0.170
18:3	g	0.020	0	0.043	0.017
18:4	g				
20:4	g	0.030	0	0.065	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	101	0	218	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.370	0	0.799	0.315
Threonine	g	1.442	0	3.115	1.226
Isoleucine	g	1.485	0	3.208	1.262
Leucine	g	2.610	0	5.638	2.219
Lysine	g	2.747	0	5.934	2.335
Methionine	g	0.845	0	1.825	0.718
Cystine	g	0.370	0	0.799	0.315
Phenylalanine	g	1.289	0	2.784	1.096
Tyrosine	g	1.109	0	2.395	0.943
Valine	g	1.606	0	3.469	1.365
Arginine	g	2.087	0	4.508	1.774
Histidine	g	1.131	0	2.443	0.961
Alanine	g	1.992	0	4.303	1.693
Aspartic acid	g	3.017	0	6.517	2.564
Glutamic acid	g	4.961	0	10.716	4.217
Glycine	g	1.802	0	3.892	1.532
Proline	g	1.458	0	3.149	1.239
Serine	g	1.263	0	2.728	1.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13379 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 235g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.92		0	112.61	40.73	
Energy	kcal	334		0	785	284	
Energy	kj	1397		0	3283	1187	
Protein (N x 5.95)	g	27.18		0	63.87	23.10	
Total lipid (fat)	g	24.14		0	56.73	20.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	2.09	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	31	11	
Iron	mg	3.18		0	7.47	2.70	
Magnesium	mg	20		0	47	17	
Phosphorus	mg	205		0	482	174	
Potassium	mg	236		0	555	201	
Sodium	mg	65		0	153	55	
Zinc	mg	8.58		0	20.16	7.29	
Copper	mg	0.128		0	0.301	0.109	
Manganese	mg	0.016		0	0.038	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.165	0.060	
Riboflavin	mg	0.250		0	0.588	0.213	
Niacin	mg	2.450		0	5.758	2.083	
Pantothenic acid	mg	0.310		0	0.728	0.264	
Vitamin B-6	mg	0.260		0	0.611	0.221	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.31		0	5.43	1.96	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.470	0.170	
Lipids:							
Saturated, total	g	9.590		0	22.537	8.152	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.141	0.051	
12:0	g	0.050		0	0.118	0.043	
14:0	g	0.760		0	1.786	0.646	
15.0	g						
16:0	g	5.820		0	13.677	4.947	
17:0	g						
18:0	g	2.900		0	6.815	2.465	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.430	0	24.510	8.865
14:1	g				
16:1	g	0.970	0	2.280	0.825
18:1	g	9.420	0	22.137	8.007
20:1	g	0.040	0	0.094	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.860	0	2.021	0.731
18:2	g	0.600	0	1.410	0.510
18:3	g	0.230	0	0.541	0.196
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.094	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	104	0	244	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.304	0	0.714	0.258
Threonine	g	1.187	0	2.789	1.009
Isoleucine	g	1.222	0	2.872	1.039
Leucine	g	2.149	0	5.050	1.827
Lysine	g	2.262	0	5.316	1.923
Methionine	g	0.696	0	1.636	0.592
Cystine	g	0.304	0	0.714	0.258
Phenylalanine	g	1.061	0	2.493	0.902
Tyrosine	g	0.913	0	2.146	0.776
Valine	g	1.322	0	3.107	1.124
Arginine	g	1.718	0	4.037	1.460
Histidine	g	0.931	0	2.188	0.791
Alanine	g	1.640	0	3.854	1.394
Aspartic acid	g	2.484	0	5.837	2.111
Glutamic acid	g	4.084	0	9.597	3.471
Glycine	g	1.483	0	3.485	1.261
Proline	g	1.200	0	2.820	1.020
Serine	g	1.040	0	2.444	0.884
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13380 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Refuse: 24% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 238g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.92		0	111.67	39.88	
Energy	kcal	348		0	828	296	
Energy	kj	1456		0	3465	1238	
Protein (N x 5.95)	g	26.98		0	64.21	22.93	
Total lipid (fat)	g	25.83		0	61.48	21.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.09	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	31	11	
Iron	mg	3.16		0	7.52	2.69	
Magnesium	mg	20		0	48	17	
Phosphorus	mg	203		0	483	173	
Potassium	mg	234		0	557	199	
Sodium	mg	65		0	155	55	
Zinc	mg	8.50		0	20.23	7.22	
Copper	mg	0.127		0	0.302	0.108	
Manganese	mg	0.016		0	0.038	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.167	0.060	
Riboflavin	mg	0.250		0	0.595	0.213	
Niacin	mg	2.440		0	5.807	2.074	
Pantothenic acid	mg	0.310		0	0.738	0.264	
Vitamin B-6	mg	0.260		0	0.619	0.221	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.30		0	5.47	1.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.260		0	24.419	8.721	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.143	0.051	
12:0	g	0.060		0	0.143	0.051	
14:0	g	0.820		0	1.952	0.697	
15.0	g						
16:0	g	6.220		0	14.804	5.287	
17:0	g						
18:0	g	3.110		0	7.402	2.643	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.160	0	26.561	9.486
14:1	g				
16:1	g	1.040	0	2.475	0.884
18:1	g	10.080	0	23.990	8.568
20:1	g	0.040	0	0.095	0.034
22.1	g				
Polyunsaturated, total	g	0.920	0	2.190	0.782
18:2	g	0.640	0	1.523	0.544
18:3	g	0.240	0	0.571	0.204
18:4	g				
20:4	g	0.040	0	0.095	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	104	0	248	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.719	0.257
Threonine	g	1.178	0	2.804	1.001
Isoleucine	g	1.213	0	2.887	1.031
Leucine	g	2.132	0	5.074	1.812
Lysine	g	2.245	0	5.343	1.908
Methionine	g	0.691	0	1.645	0.587
Cystine	g	0.302	0	0.719	0.257
Phenylalanine	g	1.053	0	2.506	0.895
Tyrosine	g	0.907	0	2.159	0.771
Valine	g	1.312	0	3.123	1.115
Arginine	g	1.705	0	4.058	1.449
Histidine	g	0.924	0	2.199	0.785
Alanine	g	1.627	0	3.872	1.383
Aspartic acid	g	2.465	0	5.867	2.095
Glutamic acid	g	4.053	0	9.646	3.445
Glycine	g	1.472	0	3.503	1.251
Proline	g	1.191	0	2.835	1.012
Serine	g	1.032	0	2.456	0.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13381 Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Refuse: 4% 23% bone, 17% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 235g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.39		0	116.07	41.98	
Energy	kcal	313		0	736	266	
Energy	kj	1310		0	3079	1114	
Protein (N x 5.95)	g	27.59		0	64.84	23.45	
Total lipid (fat)	g	21.67		0	50.92	18.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.12	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	31	11	
Iron	mg	3.23		0	7.59	2.75	
Magnesium	mg	20		0	47	17	
Phosphorus	mg	208		0	489	177	
Potassium	mg	239		0	562	203	
Sodium	mg	66		0	155	56	
Zinc	mg	8.76		0	20.59	7.45	
Copper	mg	0.130		0	0.306	0.111	
Manganese	mg	0.016		0	0.038	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.165	0.060	
Riboflavin	mg	0.250		0	0.588	0.213	
Niacin	mg	2.480		0	5.828	2.108	
Pantothenic acid	mg	0.320		0	0.752	0.272	
Vitamin B-6	mg	0.260		0	0.611	0.221	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	2.33		0	5.48	1.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.610		0	20.233	7.318	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.118	0.043	
12:0	g	0.050		0	0.118	0.043	
14:0	g	0.690		0	1.621	0.587	
15.0	g						
16:0	g	5.220		0	12.267	4.437	
17:0	g						
18:0	g	2.600		0	6.110	2.210	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.360	0	21.996	7.956
14:1	g				
16:1	g	0.870	0	2.044	0.740
18:1	g	8.460	0	19.881	7.191
20:1	g	0.040	0	0.094	0.034
22.1	g				
Polyunsaturated, total	g	0.770	0	1.810	0.655
18:2	g	0.540	0	1.269	0.459
18:3	g	0.200	0	0.470	0.170
18:4	g				
20:4	g	0.030	0	0.070	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	104	0	244	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.726	0.263
Threonine	g	1.205	0	2.832	1.024
Isoleucine	g	1.241	0	2.916	1.055
Leucine	g	2.181	0	5.125	1.854
Lysine	g	2.296	0	5.396	1.952
Methionine	g	0.706	0	1.659	0.600
Cystine	g	0.309	0	0.726	0.263
Phenylalanine	g	1.077	0	2.531	0.915
Tyrosine	g	0.927	0	2.178	0.788
Valine	g	1.342	0	3.154	1.141
Arginine	g	1.744	0	4.098	1.482
Histidine	g	0.945	0	2.221	0.803
Alanine	g	1.664	0	3.910	1.414
Aspartic acid	g	2.521	0	5.924	2.143
Glutamic acid	g	4.145	0	9.741	3.523
Glycine	g	1.505	0	3.537	1.279
Proline	g	1.218	0	2.862	1.035
Serine	g	1.055	0	2.479	0.897
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 39% 25% bone, 14% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.80		1	104.67	46.58	
Energy	kcal	253		0	483	215	
Energy	kj	1059		0	2023	900	
Protein (N x 5.95)	g	31.06	0.774	11	59.32	26.40	
Total lipid (fat)	g	13.30		1	25.40	11.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.031	11	1.89	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.258	11	25	11	
Iron	mg	3.68	0.200	10	7.03	3.13	
Magnesium	mg	23	0.834	11	44	20	
Phosphorus	mg	235		1	449	200	
Potassium	mg	263	8.280	11	502	224	
Sodium	mg	71	6.704	11	136	60	
Zinc	mg	10.27	0.753	7	19.62	8.73	
Copper	mg	0.148	0.011	8	0.283	0.126	
Manganese	mg	0.018		1	0.034	0.015	
Selenium	µg	26.7	2.200	7	51.0	22.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.007	11	0.153	0.068	
Riboflavin	mg	0.280	0.020	9	0.535	0.238	
Niacin	mg	2.670	0.359	11	5.100	2.269	
Pantothenic acid	mg	0.350		1	0.669	0.298	
Vitamin B-6	mg	0.290		1	0.554	0.247	
Folate	µg	6	1.142	11	11	5	
Vitamin B-12	µg	2.47	0.321	11	4.72	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.267	0.119	
Lipids:							
Saturated, total	g	5.160		0	9.856	4.386	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		8	0.019	0.009	
12:0	g	0.010		8	0.019	0.009	
14:0	g	0.390		8	0.745	0.331	
15.0	g						
16:0	g	3.010		8	5.749	2.559	
17:0	g						
18:0	g	1.730		8	3.304	1.471	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.730		0	10.944	4.870
14:1	g					
16:1	g	0.460		8	0.879	0.391
18:1	g	5.260		8	10.047	4.471
20:1	g	0.010		8	0.019	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.440		0	0.840	0.374
18:2	g	0.360		8	0.688	0.306
18:3	g	0.030		8	0.057	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.076	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	106	1.958	8	202	90
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.348		0	0.665	0.296
Threonine	g	1.357		0	2.592	1.153
Isoleucine	g	1.397		0	2.668	1.187
Leucine	g	2.455		0	4.689	2.087
Lysine	g	2.584		0	4.935	2.196
Methionine	g	0.795		0	1.518	0.676
Cystine	g	0.348		0	0.665	0.296
Phenylalanine	g	1.213		0	2.317	1.031
Tyrosine	g	1.044		0	1.994	0.887
Valine	g	1.511		0	2.886	1.284
Arginine	g	1.963		0	3.749	1.669
Histidine	g	1.064		0	2.032	0.904
Alanine	g	1.874		0	3.579	1.593
Aspartic acid	g	2.838		0	5.421	2.412
Glutamic acid	g	4.667		0	8.914	3.967
Glycine	g	1.695		0	3.237	1.441
Proline	g	1.372		0	2.621	1.166
Serine	g	1.188		0	2.269	1.010
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13383 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Refuse: 39% 24% bone, 15% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.00		0	103.14	45.90	
Energy	kcal	265		0	506	225	
Energy	kj	1109		0	2118	943	
Protein (N x 5.95)	g	31.06		0	59.32	26.40	
Total lipid (fat)	g	14.70		0	28.08	12.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	1.89	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	25	11	
Iron	mg	3.68		0	7.03	3.13	
Magnesium	mg	23		0	44	20	
Phosphorus	mg	235		0	449	200	
Potassium	mg	263		0	502	224	
Sodium	mg	71		0	136	60	
Zinc	mg	10.27		0	19.62	8.73	
Copper	mg	0.148		0	0.283	0.126	
Manganese	mg	0.018		0	0.034	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.153	0.068	
Riboflavin	mg	0.280		0	0.535	0.238	
Niacin	mg	2.670		0	5.100	2.269	
Pantothenic acid	mg	0.350		0	0.669	0.298	
Vitamin B-6	mg	0.290		0	0.554	0.247	
Folate	µg	6		0	11	5	
Vitamin B-12	µg	2.47		0	4.72	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.700		0	10.887	4.845	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.010		0	0.019	0.009	
14:0	g	0.430		0	0.821	0.366	
15.0	g						
16:0	g	3.330		0	6.360	2.831	
17:0	g						
18:0	g	1.920		0	3.667	1.632	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.340	0	12.109	5.389
14:1	g				
16:1	g	0.510	0	0.974	0.434
18:1	g	5.820	0	11.116	4.947
20:1	g	0.010	0	0.019	0.009
22.1	g				
Polyunsaturated, total	g	0.480	0	0.917	0.408
18:2	g	0.390	0	0.745	0.331
18:3	g	0.040	0	0.076	0.034
18:4	g				
20:4	g	0.050	0	0.096	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	106	0	202	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.348	0	0.665	0.296
Threonine	g	1.357	0	2.592	1.153
Isoleucine	g	1.397	0	2.668	1.187
Leucine	g	2.455	0	4.689	2.087
Lysine	g	2.584	0	4.935	2.196
Methionine	g	0.795	0	1.518	0.676
Cystine	g	0.348	0	0.665	0.296
Phenylalanine	g	1.213	0	2.317	1.031
Tyrosine	g	1.044	0	1.994	0.887
Valine	g	1.511	0	2.886	1.284
Arginine	g	1.963	0	3.749	1.669
Histidine	g	1.064	0	2.032	0.904
Alanine	g	1.874	0	3.579	1.593
Aspartic acid	g	2.838	0	5.421	2.412
Glutamic acid	g	4.667	0	8.914	3.967
Glycine	g	1.695	0	3.237	1.441
Proline	g	1.372	0	2.621	1.166
Serine	g	1.188	0	2.269	1.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13384 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Refuse: 38% 25% bone, 13% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.70		0	108.06	47.34	
Energy	kcal	238		0	462	202	
Energy	kj	996		0	1932	847	
Protein (N x 5.95)	g	31.06		0	60.26	26.40	
Total lipid (fat)	g	11.70		0	22.70	9.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	1.92	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	25	11	
Iron	mg	3.68		0	7.14	3.13	
Magnesium	mg	23		0	45	20	
Phosphorus	mg	235		0	456	200	
Potassium	mg	263		0	510	224	
Sodium	mg	71		0	138	60	
Zinc	mg	10.27		0	19.92	8.73	
Copper	mg	0.148		0	0.287	0.126	
Manganese	mg	0.018		0	0.035	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.155	0.068	
Riboflavin	mg	0.280		0	0.543	0.238	
Niacin	mg	2.670		0	5.180	2.269	
Pantothenic acid	mg	0.350		0	0.679	0.298	
Vitamin B-6	mg	0.290		0	0.563	0.247	
Folate	µg	6		0	12	5	
Vitamin B-12	µg	2.47		0	4.79	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.540		0	8.808	3.859	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.010		0	0.019	0.009	
14:0	g	0.340		0	0.660	0.289	
15.0	g						
16:0	g	2.650		0	5.141	2.252	
17:0	g						
18:0	g	1.530		0	2.968	1.301	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.040	0	9.778	4.284
14:1	g				
16:1	g	0.410	0	0.795	0.349
18:1	g	4.630	0	8.982	3.936
20:1	g	0.010	0	0.019	0.009
22.1	g				
Polyunsaturated, total	g	0.380	0	0.737	0.323
18:2	g	0.310	0	0.601	0.264
18:3	g	0.030	0	0.058	0.026
18:4	g				
20:4	g	0.040	0	0.078	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	106	0	206	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.348	0	0.675	0.296
Threonine	g	1.357	0	2.633	1.153
Isoleucine	g	1.397	0	2.710	1.187
Leucine	g	2.455	0	4.763	2.087
Lysine	g	2.584	0	5.013	2.196
Methionine	g	0.795	0	1.542	0.676
Cystine	g	0.348	0	0.675	0.296
Phenylalanine	g	1.213	0	2.353	1.031
Tyrosine	g	1.044	0	2.025	0.887
Valine	g	1.511	0	2.931	1.284
Arginine	g	1.963	0	3.808	1.669
Histidine	g	1.064	0	2.064	0.904
Alanine	g	1.874	0	3.636	1.593
Aspartic acid	g	2.838	0	5.506	2.412
Glutamic acid	g	4.667	0	9.054	3.967
Glycine	g	1.695	0	3.288	1.441
Proline	g	1.372	0	2.662	1.166
Serine	g	1.188	0	2.305	1.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13385 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.68		0	138.27	40.53	
Energy	kcal	353		0	1024	300	
Energy	kj	1477		0	4283	1255	
Protein (N x 5.95)	g	23.14		0	67.11	19.67	
Total lipid (fat)	g	28.20		0	81.78	23.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	2.67	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.36		0	6.84	2.01	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	174		0	505	148	
Potassium	mg	295		0	856	251	
Sodium	mg	65		0	189	55	
Zinc	mg	5.88		0	17.05	5.00	
Copper	mg	0.089		0	0.258	0.076	
Manganese	mg	0.014		0	0.041	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.203	0.060	
Riboflavin	mg	0.190		0	0.551	0.161	
Niacin	mg	3.700		0	10.730	3.145	
Pantothenic acid	mg	0.370		0	1.073	0.315	
Vitamin B-6	mg	0.230		0	0.667	0.196	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.35		0	6.82	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.638	0.187	
Lipids:							
Saturated, total	g	11.370		0	32.973	9.664	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080		0	0.232	0.068	
12:0	g	0.070		0	0.203	0.060	
14:0	g	0.920		0	2.668	0.782	
15.0	g						
16:0	g	6.950		0	20.155	5.907	
17:0	g						
18:0	g	3.360		0	9.744	2.856	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.060	0	34.974	10.251
14:1	g				
16:1	g	1.160	0	3.364	0.986
18:1	g	10.850	0	31.465	9.223
20:1	g	0.050	0	0.145	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.980	0	2.842	0.833
18:2	g	0.660	0	1.914	0.561
18:3	g	0.290	0	0.841	0.247
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	0	0.087	0.026
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	85	0	247	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.751	0.220
Threonine	g	1.011	0	2.932	0.859
Isoleucine	g	1.040	0	3.016	0.884
Leucine	g	1.829	0	5.304	1.555
Lysine	g	1.925	0	5.582	1.636
Methionine	g	0.592	0	1.717	0.503
Cystine	g	0.259	0	0.751	0.220
Phenylalanine	g	0.903	0	2.619	0.768
Tyrosine	g	0.778	0	2.256	0.661
Valine	g	1.126	0	3.265	0.957
Arginine	g	1.463	0	4.243	1.244
Histidine	g	0.792	0	2.297	0.673
Alanine	g	1.396	0	4.048	1.187
Aspartic acid	g	2.114	0	6.131	1.797
Glutamic acid	g	3.477	0	10.083	2.955
Glycine	g	1.263	0	3.663	1.074
Proline	g	1.022	0	2.964	0.869
Serine	g	0.885	0	2.566	0.752
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13386 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	46.10		0	133.69	39.19	
Energy	kcal	372		0	1079	316	
Energy	kj	1556		0	4512	1323	
Protein (N x 5.95)	g	22.80		0	66.12	19.38	
Total lipid (fat)	g	30.49		0	88.42	25.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.61	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	9	
Iron	mg	2.33		0	6.76	1.98	
Magnesium	mg	20		0	58	17	
Phosphorus	mg	172		0	499	146	
Potassium	mg	290		0	841	247	
Sodium	mg	64		0	186	54	
Zinc	mg	5.76		0	16.70	4.90	
Copper	mg	0.088		0	0.255	0.075	
Manganese	mg	0.013		0	0.038	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.203	0.060	
Riboflavin	mg	0.190		0	0.551	0.161	
Niacin	mg	3.640		0	10.556	3.094	
Pantothenic acid	mg	0.370		0	1.073	0.315	
Vitamin B-6	mg	0.230		0	0.667	0.196	
Folate	µg	7		0	20	6	
Vitamin B-12	µg	2.33		0	6.76	1.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.290		0	35.641	10.446	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.232	0.068	
12:0	g	0.080		0	0.232	0.068	
14:0	g	0.990		0	2.871	0.842	
15.0	g						
16:0	g	7.510		0	21.779	6.384	
17:0	g						
18:0	g	3.630		0	10.527	3.086	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.040	0	37.816	11.084
14:1	g				
16:1	g	1.260	0	3.654	1.071
18:1	g	11.730	0	34.017	9.971
20:1	g	0.060	0	0.174	0.051
22.1	g				
Polyunsaturated, total	g	1.050	0	3.045	0.893
18:2	g	0.710	0	2.059	0.603
18:3	g	0.310	0	0.899	0.264
18:4	g				
20:4	g	0.030	0	0.087	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	247	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.740	0.217
Threonine	g	0.996	0	2.888	0.847
Isoleucine	g	1.025	0	2.973	0.871
Leucine	g	1.802	0	5.226	1.532
Lysine	g	1.897	0	5.501	1.612
Methionine	g	0.584	0	1.694	0.496
Cystine	g	0.255	0	0.740	0.217
Phenylalanine	g	0.890	0	2.581	0.757
Tyrosine	g	0.766	0	2.221	0.651
Valine	g	1.109	0	3.216	0.943
Arginine	g	1.441	0	4.179	1.225
Histidine	g	0.781	0	2.265	0.664
Alanine	g	1.376	0	3.990	1.170
Aspartic acid	g	2.083	0	6.041	1.771
Glutamic acid	g	3.426	0	9.935	2.912
Glycine	g	1.244	0	3.608	1.057
Proline	g	1.007	0	2.920	0.856
Serine	g	0.872	0	2.529	0.741
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13387 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.53		0	141.66	42.10	
Energy	kcal	331		0	947	281	
Energy	kj	1385		0	3961	1177	
Protein (N x 5.95)	g	23.48		0	67.15	19.96	
Total lipid (fat)	g	25.54		0	73.04	21.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	2.66	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	26	8	
Iron	mg	2.40		0	6.86	2.04	
Magnesium	mg	20		0	57	17	
Phosphorus	mg	177		0	506	150	
Potassium	mg	300		0	858	255	
Sodium	mg	65		0	186	55	
Zinc	mg	6.01		0	17.19	5.11	
Copper	mg	0.091		0	0.260	0.077	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.200	0.060	
Riboflavin	mg	0.190		0	0.543	0.161	
Niacin	mg	3.750		0	10.725	3.188	
Pantothenic acid	mg	0.380		0	1.087	0.323	
Vitamin B-6	mg	0.230		0	0.658	0.196	
Folate	µg	8		0	23	7	
Vitamin B-12	µg	2.37		0	6.78	2.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.300		0	29.458	8.755	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.200	0.060	
12:0	g	0.070		0	0.200	0.060	
14:0	g	0.830		0	2.374	0.706	
15.0	g						
16:0	g	6.300		0	18.018	5.355	
17:0	g						
18:0	g	3.030		0	8.666	2.575	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.930	0	31.260	9.290
14:1	g				
16:1	g	1.060	0	3.032	0.901
18:1	g	9.830	0	28.114	8.355
20:1	g	0.050	0	0.143	0.043
22.1	g				
Polyunsaturated, total	g	0.890	0	2.545	0.757
18:2	g	0.590	0	1.687	0.501
18:3	g	0.270	0	0.772	0.230
18:4	g				
20:4	g	0.020	0	0.057	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	240	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.752	0.224
Threonine	g	1.026	0	2.934	0.872
Isoleucine	g	1.056	0	3.020	0.898
Leucine	g	1.856	0	5.308	1.578
Lysine	g	1.954	0	5.588	1.661
Methionine	g	0.601	0	1.719	0.511
Cystine	g	0.263	0	0.752	0.224
Phenylalanine	g	0.917	0	2.623	0.779
Tyrosine	g	0.789	0	2.257	0.671
Valine	g	1.142	0	3.266	0.971
Arginine	g	1.484	0	4.244	1.261
Histidine	g	0.804	0	2.299	0.683
Alanine	g	1.416	0	4.050	1.204
Aspartic acid	g	2.145	0	6.135	1.823
Glutamic acid	g	3.528	0	10.090	2.999
Glycine	g	1.281	0	3.664	1.089
Proline	g	1.037	0	2.966	0.881
Serine	g	0.898	0	2.568	0.763
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 38% 16% bone, 22% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 214g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.90		1	123.91	49.22	
Energy	kcal	238		0	509	202	
Energy	kj	996		0	2131	847	
Protein (N x 5.95)	g	27.53	0.638	13	58.91	23.40	
Total lipid (fat)	g	13.40		1	28.68	11.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.019	15	2.31	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.750	11	17	7	
Iron	mg	2.82	0.150	11	6.03	2.40	
Magnesium	mg	25	0.324	11	54	21	
Phosphorus	mg	209		1	447	178	
Potassium	mg	357	6.757	11	764	303	
Sodium	mg	73	7.193	11	156	62	
Zinc	mg	7.46	0.491	8	15.96	6.34	
Copper	mg	0.105	0.006	8	0.225	0.089	
Manganese	mg	0.016		1	0.034	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	15	0.193	0.077	
Riboflavin	mg	0.220	0.008	13	0.471	0.187	
Niacin	mg	4.450	0.263	13	9.523	3.783	
Pantothenic acid	mg	0.450	0.042	4	0.963	0.383	
Vitamin B-6	mg	0.260	0.016	4	0.556	0.221	
Folate	µg	9	0.435	14	19	8	
Vitamin B-12	µg	2.61	0.454	15	5.59	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.300	0.119	
Lipids:							
Saturated, total	g	5.350		0	11.449	4.547	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		8	0.021	0.009	
12:0	g	0.010		8	0.021	0.009	
14:0	g	0.410		8	0.877	0.349	
15.0	g						
16:0	g	3.150		8	6.741	2.678	
17:0	g						
18:0	g	1.770		8	3.788	1.504	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.600		0	11.984	4.760
14:1	g					
16:1	g	0.470		8	1.006	0.400
18:1	g	5.120		8	10.957	4.352
20:1	g	0.010		8	0.021	0.009
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.380		0	0.813	0.323
18:2	g	0.320		8	0.685	0.272
18:3	g	0.030		8	0.064	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		8	0.086	0.034
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	81	2.403	8	173	69
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.308		0	0.659	0.262
Threonine	g	1.203		0	2.574	1.023
Isoleucine	g	1.238		0	2.649	1.052
Leucine	g	2.176		0	4.657	1.850
Lysine	g	2.291		0	4.903	1.947
Methionine	g	0.705		0	1.509	0.599
Cystine	g	0.308		0	0.659	0.262
Phenylalanine	g	1.075		0	2.301	0.914
Tyrosine	g	0.925		0	1.980	0.786
Valine	g	1.339		0	2.865	1.138
Arginine	g	1.740		0	3.724	1.479
Histidine	g	0.943		0	2.018	0.802
Alanine	g	1.661		0	3.555	1.412
Aspartic acid	g	2.515		0	5.382	2.138
Glutamic acid	g	4.136		0	8.851	3.516
Glycine	g	1.502		0	3.214	1.277
Proline	g	1.216		0	2.602	1.034
Serine	g	1.053		0	2.253	0.895
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13389 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 4% 16% bone, 24% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 207g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.80		0	117.58	48.28	
Energy	kcal	253		0	524	215	
Energy	kj	1059		0	2192	900	
Protein (N x 5.95)	g	27.53		0	56.99	23.40	
Total lipid (fat)	g	15.00		0	31.05	12.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.24	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	17	7	
Iron	mg	2.82		0	5.84	2.40	
Magnesium	mg	25		0	52	21	
Phosphorus	mg	209		0	433	178	
Potassium	mg	357		0	739	303	
Sodium	mg	73		0	151	62	
Zinc	mg	7.46		0	15.44	6.34	
Copper	mg	0.105		0	0.217	0.089	
Manganese	mg	0.016		0	0.033	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.186	0.077	
Riboflavin	mg	0.220		0	0.455	0.187	
Niacin	mg	4.450		0	9.212	3.783	
Pantothenic acid	mg	0.450		0	0.932	0.383	
Vitamin B-6	mg	0.260		0	0.538	0.221	
Folate	µg	9		0	19	8	
Vitamin B-12	µg	2.61		0	5.40	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.990		0	12.399	5.091	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.010		0	0.021	0.009	
14:0	g	0.460		0	0.952	0.391	
15.0	g						
16:0	g	3.520		0	7.286	2.992	
17:0	g						
18:0	g	1.990		0	4.119	1.692	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.270	0	12.979	5.329
14:1	g				
16:1	g	0.530	0	1.097	0.451
18:1	g	5.730	0	11.861	4.870
20:1	g	0.010	0	0.021	0.009
22.1	g				
Polyunsaturated, total	g	0.430	0	0.890	0.366
18:2	g	0.350	0	0.724	0.298
18:3	g	0.030	0	0.062	0.026
18:4	g				
20:4	g	0.040	0	0.083	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	168	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.638	0.262
Threonine	g	1.203	0	2.490	1.023
Isoleucine	g	1.238	0	2.563	1.052
Leucine	g	2.176	0	4.504	1.850
Lysine	g	2.291	0	4.742	1.947
Methionine	g	0.705	0	1.459	0.599
Cystine	g	0.308	0	0.638	0.262
Phenylalanine	g	1.075	0	2.225	0.914
Tyrosine	g	0.925	0	1.915	0.786
Valine	g	1.339	0	2.772	1.138
Arginine	g	1.740	0	3.602	1.479
Histidine	g	0.943	0	1.952	0.802
Alanine	g	1.661	0	3.438	1.412
Aspartic acid	g	2.515	0	5.206	2.138
Glutamic acid	g	4.136	0	8.562	3.516
Glycine	g	1.502	0	3.109	1.277
Proline	g	1.216	0	2.517	1.034
Serine	g	1.053	0	2.180	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13390 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 37% 17% bone, 20% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 217g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.30		0	128.68	50.41	
Energy	kcal	220		0	477	187	
Energy	kj	920		0	1996	782	
Protein (N x 5.95)	g	27.53		0	59.74	23.40	
Total lipid (fat)	g	11.40		0	24.74	9.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.34	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	17	7	
Iron	mg	2.82		0	6.12	2.40	
Magnesium	mg	25		0	54	21	
Phosphorus	mg	209		0	454	178	
Potassium	mg	357		0	775	303	
Sodium	mg	73		0	158	62	
Zinc	mg	7.46		0	16.19	6.34	
Copper	mg	0.105		0	0.228	0.089	
Manganese	mg	0.016		0	0.035	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.195	0.077	
Riboflavin	mg	0.220		0	0.477	0.187	
Niacin	mg	4.450		0	9.657	3.783	
Pantothenic acid	mg	0.450		0	0.977	0.383	
Vitamin B-6	mg	0.260		0	0.564	0.221	
Folate	µg	9		0	20	8	
Vitamin B-12	µg	2.61		0	5.66	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.550		0	9.874	3.868	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.022	0.009	
12:0	g	0.010		0	0.022	0.009	
14:0	g	0.350		0	0.759	0.298	
15.0	g						
16:0	g	2.680		0	5.816	2.278	
17:0	g						
18:0	g	1.510		0	3.277	1.283	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.770	0	10.351	4.054
14:1	g				
16:1	g	0.400	0	0.868	0.340
18:1	g	4.360	0	9.461	3.706
20:1	g	0.010	0	0.022	0.009
22.1	g				
Polyunsaturated, total	g	0.330	0	0.716	0.281
18:2	g	0.270	0	0.586	0.230
18:3	g	0.020	0	0.043	0.017
18:4	g				
20:4	g	0.030	0	0.065	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	176	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.668	0.262
Threonine	g	1.203	0	2.611	1.023
Isoleucine	g	1.238	0	2.686	1.052
Leucine	g	2.176	0	4.722	1.850
Lysine	g	2.291	0	4.971	1.947
Methionine	g	0.705	0	1.530	0.599
Cystine	g	0.308	0	0.668	0.262
Phenylalanine	g	1.075	0	2.333	0.914
Tyrosine	g	0.925	0	2.007	0.786
Valine	g	1.339	0	2.906	1.138
Arginine	g	1.740	0	3.776	1.479
Histidine	g	0.943	0	2.046	0.802
Alanine	g	1.661	0	3.604	1.412
Aspartic acid	g	2.515	0	5.458	2.138
Glutamic acid	g	4.136	0	8.975	3.516
Glycine	g	1.502	0	3.259	1.277
Proline	g	1.216	0	2.639	1.034
Serine	g	1.053	0	2.285	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.05		0	140.01	44.24	
Energy	kcal	297		0	799	252	
Energy	kj	1243		0	3344	1057	
Protein (N x 5.95)	g	24.91		0	67.01	21.17	
Total lipid (fat)	g	21.11		0	56.79	17.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	2.93	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.30		0	6.19	1.95	
Magnesium	mg	23		0	62	20	
Phosphorus	mg	184		0	495	156	
Potassium	mg	344		0	925	292	
Sodium	mg	64		0	172	54	
Zinc	mg	5.98		0	16.09	5.08	
Copper	mg	0.090		0	0.242	0.077	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.242	0.077	
Riboflavin	mg	0.190		0	0.511	0.161	
Niacin	mg	4.220		0	11.352	3.587	
Pantothenic acid	mg	0.310		0	0.834	0.264	
Vitamin B-6	mg	0.350		0	0.941	0.298	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	3.01		0	8.10	2.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.538	0.170	
Lipids:							
Saturated, total	g	8.540		0	22.973	7.259	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.161	0.051	
12:0	g	0.050		0	0.135	0.043	
14:0	g	0.690		0	1.856	0.587	
15.0	g						
16:0	g	5.220		0	14.042	4.437	
17:0	g						
18:0	g	2.530		0	6.806	2.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.040	0	24.318	7.684
14:1	g				
16:1	g	0.850	0	2.287	0.723
18:1	g	8.160	0	21.950	6.936
20:1	g	0.030	0	0.081	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.720	0	1.937	0.612
18:2	g	0.490	0	1.318	0.417
18:3	g	0.200	0	0.538	0.170
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.054	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	83	0	223	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.751	0.237
Threonine	g	1.088	0	2.927	0.925
Isoleucine	g	1.120	0	3.013	0.952
Leucine	g	1.969	0	5.297	1.674
Lysine	g	2.072	0	5.574	1.761
Methionine	g	0.638	0	1.716	0.542
Cystine	g	0.279	0	0.751	0.237
Phenylalanine	g	0.972	0	2.615	0.826
Tyrosine	g	0.837	0	2.252	0.711
Valine	g	1.212	0	3.260	1.030
Arginine	g	1.574	0	4.234	1.338
Histidine	g	0.853	0	2.295	0.725
Alanine	g	1.502	0	4.040	1.277
Aspartic acid	g	2.276	0	6.122	1.935
Glutamic acid	g	3.742	0	10.066	3.181
Glycine	g	1.359	0	3.656	1.155
Proline	g	1.100	0	2.959	0.935
Serine	g	0.952	0	2.561	0.809
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13392 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.08		0	138.94	43.42	
Energy	kcal	312		0	849	265	
Energy	kj	1305		0	3550	1109	
Protein (N x 5.95)	g	24.73		0	67.27	21.02	
Total lipid (fat)	g	22.84		0	62.12	19.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	2.94	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	2.28		0	6.20	1.94	
Magnesium	mg	23		0	63	20	
Phosphorus	mg	183		0	498	156	
Potassium	mg	342		0	930	291	
Sodium	mg	64		0	174	54	
Zinc	mg	5.93		0	16.13	5.04	
Copper	mg	0.090		0	0.245	0.077	
Manganese	mg	0.014		0	0.038	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.245	0.077	
Riboflavin	mg	0.190		0	0.517	0.161	
Niacin	mg	4.180		0	11.370	3.553	
Pantothenic acid	mg	0.300		0	0.816	0.255	
Vitamin B-6	mg	0.350		0	0.952	0.298	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	3.00		0	8.16	2.55	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.240		0	25.133	7.854	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.163	0.051	
12:0	g	0.060		0	0.163	0.051	
14:0	g	0.740		0	2.013	0.629	
15.0	g						
16:0	g	5.640		0	15.341	4.794	
17:0	g						
18:0	g	2.740		0	7.453	2.329	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.780	0	26.602	8.313
14:1	g				
16:1	g	0.920	0	2.502	0.782
18:1	g	8.830	0	24.018	7.505
20:1	g	0.030	0	0.082	0.026
22.1	g				
Polyunsaturated, total	g	0.780	0	2.122	0.663
18:2	g	0.540	0	1.469	0.459
18:3	g	0.210	0	0.571	0.179
18:4	g				
20:4	g	0.030	0	0.082	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	226	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.277	0	0.753	0.235
Threonine	g	1.080	0	2.938	0.918
Isoleucine	g	1.112	0	3.025	0.945
Leucine	g	1.955	0	5.318	1.662
Lysine	g	2.058	0	5.598	1.749
Methionine	g	0.633	0	1.722	0.538
Cystine	g	0.277	0	0.753	0.235
Phenylalanine	g	0.966	0	2.628	0.821
Tyrosine	g	0.831	0	2.260	0.706
Valine	g	1.203	0	3.272	1.023
Arginine	g	1.563	0	4.251	1.329
Histidine	g	0.847	0	2.304	0.720
Alanine	g	1.492	0	4.058	1.268
Aspartic acid	g	2.260	0	6.147	1.921
Glutamic acid	g	3.716	0	10.108	3.159
Glycine	g	1.349	0	3.669	1.147
Proline	g	1.092	0	2.970	0.928
Serine	g	0.946	0	2.573	0.804
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13393 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Refuse: 24% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.79		0	139.89	44.87	
Energy	kcal	285		0	755	242	
Energy	kj	1192		0	3159	1013	
Protein (N x 5.95)	g	24.91		0	66.01	21.17	
Total lipid (fat)	g	19.79		0	52.44	16.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	2.89	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	34	11	
Iron	mg	2.30		0	6.09	1.95	
Magnesium	mg	23		0	61	20	
Phosphorus	mg	184		0	488	156	
Potassium	mg	344		0	912	292	
Sodium	mg	64		0	170	54	
Zinc	mg	5.98		0	15.85	5.08	
Copper	mg	0.090		0	0.239	0.077	
Manganese	mg	0.014		0	0.037	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.239	0.077	
Riboflavin	mg	0.190		0	0.504	0.161	
Niacin	mg	4.220		0	11.183	3.587	
Pantothenic acid	mg	0.310		0	0.822	0.264	
Vitamin B-6	mg	0.350		0	0.928	0.298	
Folate	µg	7		0	19	6	
Vitamin B-12	µg	3.01		0	7.98	2.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.010		0	21.227	6.809	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.133	0.043	
12:0	g	0.050		0	0.133	0.043	
14:0	g	0.650		0	1.722	0.553	
15.0	g						
16:0	g	4.900		0	12.985	4.165	
17:0	g						
18:0	g	2.360		0	6.254	2.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.490	0	22.498	7.216
14:1	g				
16:1	g	0.810	0	2.147	0.689
18:1	g	7.650	0	20.273	6.503
20:1	g	0.030	0	0.079	0.026
22.1	g				
Polyunsaturated, total	g	0.680	0	1.802	0.578
18:2	g	0.460	0	1.219	0.391
18:3	g	0.200	0	0.530	0.170
18:4	g				
20:4	g	0.020	0	0.053	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	220	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.739	0.237
Threonine	g	1.088	0	2.883	0.925
Isoleucine	g	1.120	0	2.968	0.952
Leucine	g	1.969	0	5.218	1.674
Lysine	g	2.072	0	5.491	1.761
Methionine	g	0.638	0	1.691	0.542
Cystine	g	0.279	0	0.739	0.237
Phenylalanine	g	0.972	0	2.576	0.826
Tyrosine	g	0.837	0	2.218	0.711
Valine	g	1.212	0	3.212	1.030
Arginine	g	1.574	0	4.171	1.338
Histidine	g	0.853	0	2.260	0.725
Alanine	g	1.502	0	3.980	1.277
Aspartic acid	g	2.276	0	6.031	1.935
Glutamic acid	g	3.742	0	9.916	3.181
Glycine	g	1.359	0	3.601	1.155
Proline	g	1.100	0	2.915	0.935
Serine	g	0.952	0	2.523	0.809
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 37% 23% bone, 14% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.40		1	130.68	50.49	
Energy	kcal	213		0	469	181	
Energy	kj	891		0	1960	757	
Protein (N x 5.95)	g	28.04	0.520	10	61.69	23.83	
Total lipid (fat)	g	10.30		1	22.66	8.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23	0.036	9	2.71	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.314	9	29	11	
Iron	mg	2.57	0.142	9	5.65	2.18	
Magnesium	mg	27	0.821	9	59	23	
Phosphorus	mg	208		1	458	177	
Potassium	mg	394	10.256	9	867	335	
Sodium	mg	69	4.965	9	152	59	
Zinc	mg	6.99	0.696	8	15.38	5.94	
Copper	mg	0.100	0.006	8	0.220	0.085	
Manganese	mg	0.016		1	0.035	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.010	10	0.220	0.085	
Riboflavin	mg	0.220	0.007	9	0.484	0.187	
Niacin	mg	4.800	0.140	10	10.560	4.080	
Pantothenic acid	mg	0.340		1	0.748	0.289	
Vitamin B-6	mg	0.400		1	0.880	0.340	
Folate	µg	8	0.733	10	18	7	
Vitamin B-12	µg	3.32	0.570	10	7.30	2.82	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.308	0.119	
Lipids:							
Saturated, total	g	4.160		0	9.152	3.536	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		7	0.022	0.009	
12:0	g	0.010		7	0.022	0.009	
14:0	g	0.320		7	0.704	0.272	
15.0	g						
16:0	g	2.460		7	5.412	2.091	
17:0	g						
18:0	g	1.360		7	2.992	1.156	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.340		0	9.548	3.689
14:1	g					
16:1	g	0.350		7	0.770	0.298
18:1	g	4.000		7	8.800	3.400
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.290		0	0.638	0.247
18:2	g	0.250		7	0.550	0.213
18:3	g	0.020		7	0.044	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		7	0.066	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	80	1.472	7	176	68
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.691	0.267
Threonine	g	1.225		0	2.695	1.041
Isoleucine	g	1.261		0	2.774	1.072
Leucine	g	2.216		0	4.875	1.884
Lysine	g	2.333		0	5.133	1.983
Methionine	g	0.718		0	1.580	0.610
Cystine	g	0.314		0	0.691	0.267
Phenylalanine	g	1.095		0	2.409	0.931
Tyrosine	g	0.942		0	2.072	0.801
Valine	g	1.364		0	3.001	1.159
Arginine	g	1.772		0	3.898	1.506
Histidine	g	0.960		0	2.112	0.816
Alanine	g	1.691		0	3.720	1.437
Aspartic acid	g	2.562		0	5.636	2.178
Glutamic acid	g	4.212		0	9.266	3.580
Glycine	g	1.530		0	3.366	1.301
Proline	g	1.238		0	2.724	1.052
Serine	g	1.072		0	2.358	0.911
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz